



NOVEMBER 2023 - LATIN HOT MENU CHECK THE BOX ON THE RIGHT IF YOU LIKE TO RECEIVE THE LATIN HOT MENU

MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1</p> <p>Lentil Stew with Carrots and Turnips Brown Rice and Black Beans Caribbean Style Roasted Cabbage with Carrots <i>Fruit or Juice</i></p>	<p>2</p> <p>Chicken Adobo Yellow Rice Steamed Green Beans <i>Fruit or Juice</i></p>	<p>3</p> <p>Breaded Fish Fillet Broccoli and Red Peppers Cuban Black Beans Steamed Cauliflower <i>Fruit or Juice</i></p>	<p>4</p>
5	6	7	8	9	10	
	<p>Carrot, Cauliflower, and Chickpea Stew Pearled Barley Steamed Green Beans <i>Fruit or Juice</i></p>	<p>Chicken and Broccoli Stir Fry Baked Brown Rice Pilaf Oriental Blend Vegetables <i>Fruit or Juice</i></p>	<p>BBQ Pulled Pork Steamed Cauliflower Sweet Baked Yams <i>Fruit or Juice</i></p>	<p>Ropa Vieja Polenta Steamed Broccoli <i>Fruit or Juice</i></p>	<p>Fish with Creole Sauce Yellow Rice Normandy Blend <i>Fruit or Juice</i></p>	
	13	14	15	16	17	
	<p>Baked Pork Chops w/ Brown Gravy Steamed Cauliflower Steamed Sliced Carrots Yuca with Onions <i>Fruit or Juice</i></p>	<p>Lentil Chili Baked Brown Rice Pilaf Steamed Green Beans <i>Fruit or Juice</i></p>	<p>Stewed Chicken Breast Cilantro Lime Rice California Blend Vegetables Kale with Tomato <i>Fruit or Juice</i></p>	<p>Caribbean Style BBQ Chicken Couscous with Peas and Lemon Curry Cabbage Normandy Blend</p>	<p>Fish with Creole Sauce Couscous with Peas and Lemon Steamed Broccoli <i>Fruit or Juice</i></p>	
19	20	21	22	Thanksgiving	24	25
	<p>Mexican Style Chicken Thighs and Rice Normandy Blend Steamed Green Beans <i>Fruit or Juice</i></p>	<p>Cauliflower Fried Rice with Tofu and Edamame Baked Brown Rice Pilaf California Blend Vegetables <i>Fruit or Juice</i></p>	<p>Curry Chicken Steamed Cauliflower Yuca con Mojo <i>Fruit or Juice</i></p>	<p>Special Thanksgiving Meal Turkey w/ Gravy Stuffing Green Beans <i>Fruit or Juice</i></p>	<p>Coconut Curried Fish Spiced Mixed Vegetables Steamed Broccoli <i>Fruit or Juice</i></p>	
	27	28	29	30		
	<p>Spanish Style Beef Stew Rice Pilaf Oriental Blend Vegetables <i>Fruit or Juice</i></p>	<p>Rasta Pasta Roasted Broccoli Steamed Carrots <i>Fruit or Juice</i></p>	<p>Spiced Lentil and Sweet Potato Stew Polenta Steamed Green Beans <i>Fruit or Juice</i></p>	<p>Jerk Chicken Leg Quarter Collard Greens with Tomato Steamed Cauliflower <i>Fruit or Juice</i></p>		

All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice. Fruit OR juice varies per day.