


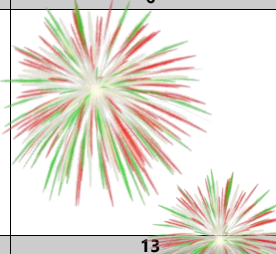

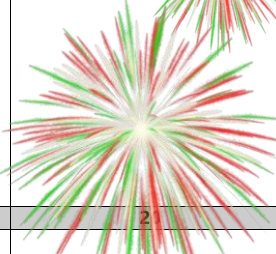
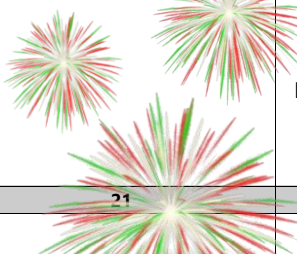
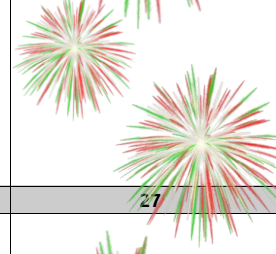

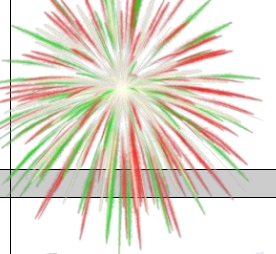

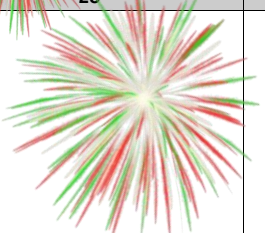


# JANUARY 2024 - LATIN FROZEN MENU

CHECK THE BOX ON THE RIGHT IF YOU LIKE TO RECEIVE THE HOT MENU

\*\*\*MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS\*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1	<b>Mexican Style Chicken Thighs and Rice</b> Normandy Blend Steamed Green Beans <i>Fruit or Juice</i>	<b>Cauliflower Fried Rice with Tofu and Edamame</b> Baked Brown Rice Pilaf California Blend Vegetables <i>Fruit or Juice</i>	<b>Curry Chicken</b> Steamed Cauliflower Yuca con Mojo <i>Fruit or Juice</i>	<b>Pork Spare Ribs</b> Roasted Sweet Potato Slices Vegetable Mix <i>Fruit or Juice</i>	<b>Coconut Curried Fish</b> Brown Rice and Black Beans Spiced Mixed Vegetables Steamed Broccoli <i>Fruit or Juice</i>	
7	8	9	10	11	12	13
	<b>Spanish Style Beef Stew</b> Rice Pilaf Oriental Blend Vegetables <i>Fruit or Juice</i>	<b>Rasta Pasta</b> Roasted Broccoli Steamed Carrots <i>Fruit or Juice</i>	<b>Spiced Lentil and Sweet Potato Stew</b> Polenta Steamed Green Beans <i>Fruit or Juice</i>	<b>Jerk Chicken Leg Quarter</b> Collard Greens with Tomato Steamed Cauliflower <i>Fruit or Juice</i>	<b>Breaded Fish Fillet</b> Cuban Black Beans Steamed Carrots <i>Fruit or Juice</i>	
14	15	16	17	18	19	20
	<b>Chana Masala</b> Quinoa Italian Blend Vegetables <i>Fruit or Juice</i>	<b>Chicken Kofta w/ Tomaro Curry</b> Beets and Baby Carrots with Dill Yuca with Onions <i>Fruit or Juice</i>	<b>Stewed Oxtails with Lima Beans</b> Cooked Cabbage with Shredded Carrots Yellow Plantains <i>Fruit or Juice</i>	<b>Stewed Chicken Breast</b> Garlic and Rosemary Roasted Potatoes Steamed Broccoli <i>Fruit or Juice</i>	<b>Baked Breaded Fish Fillets</b> Italian Blend Vegetables <i>Fruit or Juice</i>	
21	22	23	24	25	26	27
	<b>Arroz con Pollo</b> <b>Chicken Breast and Rice</b> Steamed Cauliflower Steamed Green Beans <i>Fruit or Juice</i>	<b>Beef Picadillo</b> Steamed Cauliflower Yellow Plantains <i>Fruit or Juice</i>	<b>Lentil Stew with Carrots and Turnips</b> Brown Rice and Black Beans Caribbean Style Roasted Cabbage with Carrots <i>Fruit or Juice</i>	<b>Chicken Adobo</b> Yellow Rice Steamed Green Beans <i>Fruit or Juice</i>	<b>Breaded Fish Fillet</b> Broccoli and Red Peppers Cuban Black Beans Steamed Cauliflower <i>Fruit or Juice</i>	
28	29	30	31			
	<b>Carrot, Cauliflower, and Chickpea Stew</b> Pearled Barley Steamed Green Beans <i>Fruit or Juice</i>	<b>Chicken and Broccoli Stir Fry</b> Baked Brown Rice Pilaf Oriental Blend Vegetables <i>Fruit or Juice</i>	<b>BBQ Pulled Pork</b> Sweet Baked Yams Steamed Cauliflower <i>Fruit or Juice</i>			

All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).