



# JANUARY 2024 - HOT STANDARD 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	2	3	4	5	6
	<b>Chicken Cacciatore Orzo</b> Prince Edward Blend Vegetables <i>Fruit or Juice</i>	<b>Red Lentil Bolognese</b> Normandy Blend <i>Fruit or Juice</i>	<b>Chicken Kofta</b> Cous Cous Steamed Cauliflower <i>Fruit or Juice</i>	<b>Chili con Carne</b> Perfect White Rice Baby Carrots with Parsley <i>Fruit or Juice</i>	<b>Baked Fish Marsala with Mushrooms</b> Steamed Green Beans Yellow Plantains <i>Fruit or Juice</i>	<b>BBQ Pork Chops</b> Baked Sweet Potato California Blend Vegetables <i>Fruit or Juice</i>
7	8	9	10	11	12	13
	<b>Beef Meatballs in Tomato Sauce</b> Cous Cous Steamed Cauliflower <i>Fruit or Juice</i>	<b>Grilled Chicken Breast w/ Mushroom Gravy</b> Rice and Red Beans Steamed Spinach Stewed Tomatoes <i>Fruit or Juice</i>	<b>Spiced Lentil and Sweet Potato Stew</b> Pearled Barley Beets and Baby Carrots with Dill <i>Fruit or Juice</i>	<b>Chicken Scallopini</b> Glazed Sweet Potatoes Broccoli and Red Peppers <i>Fruit or Juice</i>	<b>Teriyaki Baked Fish</b> Rice Pilaf California Blend Vegetables <i>Fruit or Juice</i>	<b>Amazing Vegan Whole Grain Mac and Cheese</b> Capri Blend Vegetables Steamed Green Beans <i>Fruit or Juice</i>
14	15	16	17	18	19	20
	<b>Stuffed Shells w/ Homemade Tomato Sauce</b> Baby Carrots with Parsley <i>Fruit or Juice</i>	<b>Honey Mustard Chicken Drumstick</b> Orzo Steamed Green Beans <i>Fruit or Juice</i>	<b>Lentil Chili</b> Egg Barley with Mushrooms Normandy Blend <i>Fruit or Juice</i>	<b>Chicken Francaise</b> Yellow Rice Capri Blend Vegetables <i>Fruit or Juice</i>	<b>Homemade Coconut Breaded Fish</b> Broccoli and Red Peppers Cuban Black Beans <i>Fruit or Juice</i>	<b>Baked Ziti with Cheese</b> Steamed Carrots Steamed Green Beans <i>Fruit or Juice</i>
21	22	23	24	25	26	27
	<b>BBQ Chicken Breasts</b> Cuban Black Beans and Brown Rice Italian Blend Vegetables <i>Fruit or Juice</i>	<b>Stewed Chicken Breast</b> Steamed Cauliflower Yellow Plantains <i>Fruit or Juice</i>	<b>Quick Coconut Curry with Chickpeas and Spinach</b> Baked Brown Rice Pilaf Normandy Blend <i>Fruit or Juice</i>	<b>Sweet and Sour Pork Chop</b> Garlic and Rosemary Roasted Potatoes California Blend Vegetables <i>Fruit or Juice</i>	<b>Baked Fish with Rustic Tomato Sauce</b> Cous Cous Vegetable Mix <i>Fruit or Juice</i>	<b>Cheese Lasagna Rollups w/ Tomato Sauce</b> Broccoli and Red Peppers Steamed Green Beans <i>Fruit or Juice</i>
28	29	30	31			
	<b>Coconut Curried Chicken Breast with Vegetables</b> Rice and Beans Normandy Blend <i>Fruit or Juice</i>	<b>BBQ Pulled Pork</b> Baked Sweet Potato Steamed Broccoli <i>Fruit or Juice</i>	<b>Moroccan Eggplant, Chickpea, and Tomato Stew</b> Brown Rice California Blend Vegetables <i>Fruit or Juice</i>			