
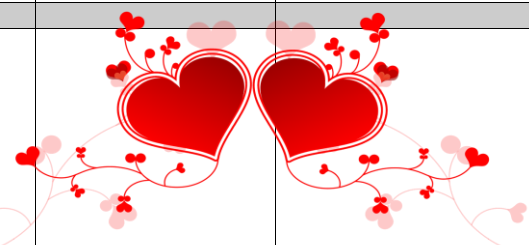
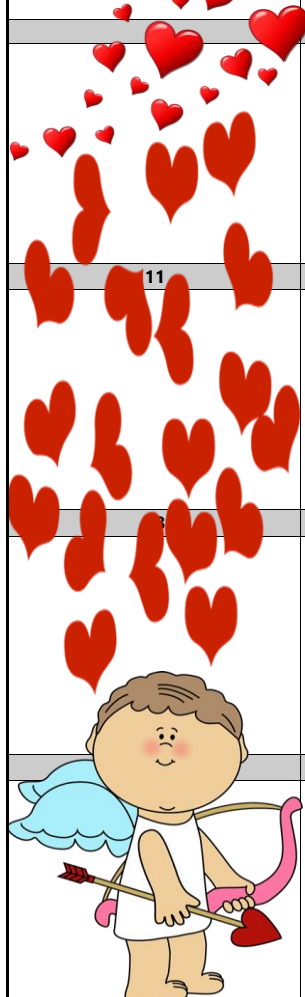


FEBRUARY 2024 - FROZEN STANDARD MENU



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
	5	6	7	8	9	10
	Chicken Cacciatore Orzo Prince Edward Blend Vegetables <i>Fruit or Juice</i>	Red Lentil Bolognese Baked Brown Rice Pilaf Steamed Green Beans <i>Fruit or Juice</i>	Chicken Kofta w/ Tomato Curry Cous Cous Steamed Cauliflower <i>Fruit or Juice</i>	Chili con Carne Perfect White Rice Baby Carrots with Parsley <i>Fruit or Juice</i>	Baked Fish Marsala with Mushrooms Italian Blend Vegetables Yellow Plantains <i>Fruit or Juice</i>	BBQ Pork Chops Baked Sweet Potato Normandy Blend <i>Fruit or Juice</i>
11	12	13	14	15	16	17
	Beef Meatballs in Tomato Sauce Cous Cous Steamed Cauliflower <i>Fruit or Juice</i>	Grilled Chicken Breast w/ Mushroom Gravy Rice and Red Beans Steamed Spinach Stewed Tomatoes <i>Fruit or Juice</i>	Spiced Lentil and Sweet Potato Stew Pearled Barley Beets and Baby Carrots with Dill <i>Fruit or Juice</i>	Chicken Scalopini Broccoli and Red Peppers Sweet Baked Yams <i>Fruit or Juice</i>	Teriyaki Glazed Fish Vegetable Mix Yellow Plantains <i>Fruit or Juice</i>	Amazing Vegan Whole Grain Mac and Cheese Capri Blend Vegetables Steamed Green Beans <i>Fruit or Juice</i>
	19	20	21	22	23	24
	Stuffed Shells w/ Tomato Sauce Baby Carrots with Parsley <i>Fruit or Juice</i>	Honey Mustard Chicken Drumstick Baked Sweet Potato Steamed Broccoli <i>Fruit or Juice</i>	Lentil Chili Toasted Barley with Mushrooms California Blend Vegetables <i>Fruit or Juice</i>	Chicken Fricassee Yellow Rice Normandy Blend <i>Fruit or Juice</i>	Homemade Coconut Breaded Fish Cuban Black Beans Steamed Cauliflower <i>Fruit or Juice</i>	Baked Ziti with Cheese Steamed Carrots Steamed Green Beans <i>Fruit or Juice</i>
	26	27	28	29		
	BBQ Chicken Breasts Cuban Black Beans and Brown Rice Italian Blend Vegetables <i>Fruit or Juice</i>	Stewed Chicken Breast California Blend Vegetables Kale with Tomato Yellow Plantains <i>Fruit or Juice</i>	Quick Coconut Curry with Chickpeas and Spinach Baked Brown Rice Pilaf Normandy Blend <i>Fruit or Juice</i>	Sweet and Sour Pork Chop Collard Greens with Tomato Garlic and Rosemary Roasted Potatoes <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).