



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				<b>Caribbean Style BBQ Chicken</b> Couscous with Peas and Lemon Beets and Baby Carrots with Dill Vegetable Mix <i>Fruit or Juice</i>	<b>Fish with Creole Sauce</b> Yellow Rice Steamed Broccoli <i>Fruit or Juice</i>	<b>Whole Wheat Mac and Cheese with Butternut Squash</b> California Blend Vegetables Normandy Blend <i>Fruit or Juice</i>
4	5	6	7	8	9	10
	<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 Beets and Baby Carrots with Dill <i>Fruit or Juice</i>	<b>Curry Chicken</b> Broccoli and Red Peppers Steamed Cauliflower Yuca with Garlic and Lemon <i>Fruit or Juice</i>	<b>Pork Spare Ribs</b> Baked Sweet Potato Steamed Sliced Carrots <i>Fruit or Juice</i>	<b>Fish Curry</b> Couscous with Peas and Lemon Broccoli and Red Peppers <i>Fruit or Juice</i>	<b>Baked Oregano Chicken</b> Cauliflower and Potato Mash Steamed Green Beans <i>Fruit or Juice</i>
11	12	13	14	15	16	17
	<b>Spanish Style Beef Stew</b> Rice Pilaf Oriental Blend Vegetables <i>Fruit or Juice</i>	<b>Rasta Pasta</b> Prince Edward Blend Vegetables <i>Fruit or Juice</i>	<b>Spiced Lentil and Sweet Potato Stew</b> Polenta Baby Carrots and Parsley Steamed Green Beans <i>Fruit or Juice</i>	<b>Jerk Chicken Leg Quarter</b> Lentils with Spiced Brown Rice and Caramelized Onions Steamed Cauliflower <i>Fruit or Juice</i>	<b>Breaded Fish Fillet</b> Cuban Black Beans Steamed Cauliflower <i>Fruit or Juice</i>	<b>Stewed Chicken Breast</b> Steamed Green Beans Yellow Plantains <i>Fruit or Juice</i>
18	19	20	21	22	23	24
	<b>Chana Masala</b> Brown Rice with Mushrooms Italian Blend Vegetables <i>Fruit or Juice</i>	<b>Chicken Kofta w/ Tomato 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</b> California Blend Vegetables <i>Fruit or Juice</i>	<b>Whole Wheat Mac and Cheese with Butternut Squash</b> Broccoli and Red Peppers Capri Blend Vegetables <i>Fruit or Juice</i>
25	26	27	28	29		
	<b>Arroz con Pollo Chicken Breast and Rice</b> Italian Blend Vegetables Roasted Zucchini <i>Fruit or Juice</i>	<b>Beef Picadillo</b> Steamed Cauliflower Yellow Plantains <i>Fruit or Juice</i>	<b>Black Bean and Sweet Potato Chili</b> Baked Brown Rice Pilaf Beets and Baby Carrots with Dill <i>Fruit or Juice</i>	<b>Chicken Adobo</b> Yellow Rice Steamed Green Beans <i>Fruit or Juice</i>		

