ENCORE	MAF	RCH 2024 -	LATIN FR	OZEN MEN	IU	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			HAPPY *Go* LUCKY		1 Baked Breaded Fish Broccoli and Red Peppers Cuban Black Beans Steamed Carrots <i>Fruit or Juice</i>	2 Cheese Lasagna Rollups w/ Tomato Sauce Steamed Broccoli <i>Fruit or Juice</i>
	4	5	6	7	8	9
	Carrot, Cauliflower, and Chickpea Stew Pearled Barley Beets and Baby Carrots with Dill <i>Fruit or Juice</i>	Chicken and Broccoli Stir Fry Baked Brown Rice Pilaf Steamed Green Beans Fruit or Juice	<b>BBQ Pulled Pork</b> Sweet Baked Yams Capri Blend Vegetables <i>Fruit or Juice</i>	<b>Ropa Vieja</b> Polenta Kale with Tomato <i>Fruit or Juice</i>	Baked Salmon Creole Sauce Normandy Blend Fruit or Juice	Three Bean Chili with Cheddar Cheese Baked Brown Rice Pilaf Italian Blend Vegetables <i>Fruit or Juice</i>
10	11	12	13	14	15	16
	Baked Pork Chops Brown Gravy Yuca with Onions Baby Carrots with Parsley Fruit or Juice	<b>Lentil Chili</b> Baked Brown Rice Pilaf Steamed Green Beans <i>Fruit or Juice</i>	<b>Stewed Chicken Breast</b> Cilantro Lime Rice California Blend Vegetables <i>Fruit or Juice</i>	Caribbean Style BBQ Chicken Couscous with Peas and Lemon Beets and Baby Carrots with Dill Vegetable Mix Fruit or Juice	Fish with Creole Sauce Yellow Rice Steamed Broccoli Fruit or Juice	Whole Wheat Mac and Cheese with Butternut Squash California Blend Vegetables Normandy Blend Fruit or Juice
	18	19	20	21	22	23
	Mexican Style Chicken Thighs and Rice Normandy Blend Steamed Green Beans Fruit or Juice	Cauliflower Fried Rice with Tofu and Edamame Baked Brown Rice Pilaf Beets and Baby Carrots with Dill Fruit or Juice	<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>	Fish Curry Couscous with Peas and Lemon Broccoli and Red Peppers <i>Fruit or Juice</i>	Baked Oregano Chicken Cauliflower and Potato Mash Steamed Green Beans <i>Fruit or Juice</i>
24	25	26	27	28	29	30
	Spanish Style Beef Stew Rice Pilaf Oriental Blend Vegetables <i>Fruit or Juice</i>	<b>Rasta Pasta</b> Prince Edward Blend Vegetables <i>Fruit or Juice</i>	Spiced Lentil and Sweet Potato Stew Polenta Baby Carrots and Parsley Steamed Green Beans <i>Fruit or Juice</i>	Jerk Chicken Leg Quarter 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>
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