



# MARCH 2024 - LATIN HOT MENU



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Baked Breaded Fish Fillets Italian Blend Vegetables Fruit or Juice	2 
	4 Arroz con Pollo Chicken Breast and Rice Steamed Cauliflower Steamed Green Beans Fruit or Juice	5 Beef Picadillo Steamed Cauliflower Yellow Plantains Fruit or Juice	6 Lentil Stew with Carrots and Turnips Brown Rice and Black Beans Caribbean Style Roasted Cabbage with Carrots Fruit or Juice	7 Chicken Adobo Yellow Rice Steamed Green Beans Fruit or Juice	8 Breaded Fish Fillet Broccoli and Red Peppers Cuban Black Beans Steamed Cauliflower Fruit or Juice	9 
	11 Carrot, Cauliflower, and Chickpea Stew Pearled Barley Steamed Green Beans Fruit or Juice	12 Chicken and Broccoli Stir Fry Baked Brown Rice Pilaf Oriental Blend Vegetables Fruit or Juice	13 BBQ Pulled Pork Sweet Baked Yams Steamed Cauliflower Fruit or Juice	14 Ropa Vieja Polenta Steamed Broccoli Fruit or Juice	15 Fish with Creole Sauce Yellow Rice Normandy Blend Fruit or Juice	
	17 Baked Pork Chops w/ Brown Gravy Steamed Cauliflower Steamed Sliced Carrots Yuca with Onions Fruit or Juice	18 Lentil Chili Baked Brown Rice Pilaf Steamed Green Beans Fruit or Juice	19 Stewed Chicken Breast Cilantro Lime Rice California Blend Vegetables Kale with Tomato Fruit or Juice	20 Caribbean Style BBQ Chicken Couscous with Peas and Lemon Curry Cabbage Normandy Blend Fruit or Juice	21 Fish with Creole Sauce Couscous with Peas and Lemon Steamed Broccoli Fruit or Juice	22 
23 	24 Mexican Style Chicken Thighs and Rice Normandy Blend Steamed Green Beans Fruit or Juice	25 Cauliflower Fried Rice with Tofu and Edamame Baked Brown Rice Pilaf California Blend Vegetables Fruit or Juice	26 Curry Chicken Steamed Cauliflower Yuca con Mojo Fruit or Juice	27 Pork Spare Ribs Roasted Sweet Potato Slices Vegetable Mix Fruit or Juice	28 Coconut Curried Fish Brown Rice and Black Beans Spiced Mixed Vegetables Steamed Broccoli Fruit or Juice	29 
30 						
31 						

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).