





MAY 2024 - FROZEN STANDARD MENU



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			Eggplant Chickpea Tagine Brown Rice California Blend Vegetables <i>Fruit or Juice</i>	Chicken Meatballs Mushroom Gravy Egg Noodles Steamed Carrots <i>Fruit or Juice</i>	Baked Breaded Fish Capri Blend Vegetables Kale with Tomato Yellow Plantains <i>Fruit or Juice</i>	Chicken Stir Fry with Vegetables Pearled Barley Vegetable Mix <i>Fruit or Juice</i>
5	6	7	8	9	10	11
Beef Meatballs in Tomato Sauce Cous Cous Steamed Green Beans <i>Fruit or Juice</i>	Cheese Lasagna Rollups w/ Tomato Sauce Steamed Carrots Steamed Green Beans <i>Fruit or Juice</i>	Vegetarian Three Bean Chili Steamed Broccoli Steamed Cauliflower <i>Fruit or Juice</i>	Beef Meatloaf with Mushroom Gravy California Blend Vegetables Smashed Red Potatoes <i>Fruit or Juice</i>	Smokey Black Bean and Sweet Potato Chili Winter Blend Vegetables <i>Fruit or Juice</i>	Spanish Style Baked Fish Cous Cous Vegetable Mix <i>Fruit or Juice</i>	Mexican Style Chicken Thighs and Rice Italian Blend Vegetables <i>Fruit or Juice</i>
12	13	14	15	16	17	18
Alfredo Sauce Cheese Tortellini Capri Blend Vegetables <i>Fruit or Juice</i>	Classic Chicken Cacciatore Orzo Prince Edward Blend Vegetables <i>Fruit or Juice</i>	Comforting 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>
19	20	21	22	23	24	25
Sweet and Sour Chicken Meatballs Toasted Barley with Mushrooms Steamed Broccoli <i>Fruit or Juice</i>	Beef Meatballs in Tomato Sauce Cous Cous Steamed Cauliflower <i>Fruit or Juice</i>	Grilled Chicken Breast w/ Mushroom Gravy Caribbean Rice and Red Beans Steamed Spinach Stewed Tomatoes <i>Fruit or Juice</i>	Spiced Lentil and Sweet Potato Curry Pearled Barley Beets and Baby Carrots with Dill <i>Fruit or Juice</i>	Chicken Scallopini Fettucini with Sauce Broccoli and Red Peppers <i>Fruit or Juice</i>	Teriyaki Glazed Fish Vegetable Mix Yellow Plantains <i>Fruit or Juice</i>	Homestyle Vegan Whole Grain Mac and Cheese Capri Blend Vegetables Steamed Green Beans <i>Fruit or Juice</i>
26	27	28	29	30	31	
Cheese Ravioli Tomato Sauce California Blend Vegetables <i>Fruit or Juice</i>	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>	Comforting Lentil and Bean 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>	

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).