







## JUNE 2024 - LATIN FROZEN MENU



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
2	3	4	5	6	7	8
<b>Stewed Codfish with Eggplant</b> Steamed Green Beans <i>Fruit or Juice</i>	<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>Smokey 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>	<b>Baked Breaded Fish</b> Broccoli and Red Peppers Cuban Black Beans Steamed Carrots <i>Fruit or Juice</i>	<b>Cheese Lasagna Rollups W/ Tomato Sauce</b> Steamed Broccoli <i>Fruit or Juice</i>
9	10	11	12	13	14	15

<p><b>Sesame Orange Chicken</b> Brown Rice Winter Blend Vegetables <i>Fruit or Juice</i></p>	<p><b>Warming Carrot, Cauliflower, and Chickpea Stew</b> Pearled Barley Beets and Baby Carrots with Dill <i>Fruit or Juice</i></p>	<p><b>Chicken and Broccoli Stir Fry</b> Baked Brown Rice Pilaf Steamed Green Beans <i>Fruit or Juice</i></p>	<p><b>BBQ Pulled Pork</b> Cape Blend Vegetables Sweet Baked Yams <i>Fruit or Juice</i></p>	<p><b>Ropa Vieja</b> Kale with Tomato Yellow Plantains <i>Fruit or Juice</i></p>	<p><b>Baked Salmon W/ Creole Sauce</b> Normandy Blend <i>Fruit or Juice</i></p>	<p><b>World's Best Southern Bean Chili</b> Baked Brown Rice Pilaf Italian Blend Vegetables <i>Fruit or Juice</i></p>
14	17	18	19	20	21	22
<p><b>Aromatic Pumpkin and Chickpea Curry</b> Jeera Rice California Blend Vegetables <i>Fruit or Juice</i></p>	<p><b>Baked Pork Chops W/ Brown Gravy</b> Baby Carrots and Parsley Baby Carrots W/ Parsley Yuca with Onions <i>Fruit or Juice</i></p>	<p><b>Comforting Lentil and Bean Chili</b> Baked Brown Rice Pilaf Steamed Green Beans <i>Fruit or Juice</i></p>	<p><b>Stewed Chicken Breast</b> Cilantro Lime Rice California Blend Vegetables <i>Fruit or Juice</i></p>	<p><b>Caribbean Style BBQ Chicken</b> Couscous with Peas and Lemon Beets and Baby Carrots with Dill Vegetable Mix <i>Fruit or Juice</i></p>	<p><b>Fish W/ Creole Sauce</b> Yellow Rice Steamed Broccoli <i>Fruit or Juice</i></p>	<p><b>Whole Wheat Mac and Cheese with Butternut Squash</b> California Blend Vegetables Normandy Blend <i>Fruit or Juice</i></p>
23	24	25	26	27	28	29
<p><b>Bistec Encabollao</b> Cape Blend Vegetables Yellow Plantains <i>Fruit or Juice</i></p>	<p><b>Mexican Style Chicken Thighs and Rice</b> Normandy Blend Steamed Green Beans <i>Fruit or Juice</i></p>	<p><b>Cauliflower Fried Rice with Tofu and Edamame</b> Baked Brown Rice Pilaf Beets and Baby Carrots with Dill <i>Fruit or Juice</i></p>	<p><b>Curry Chicken</b> Broccoli and Red Peppers Yuca with Garlic and Lemon <i>Fruit or Juice</i></p>	<p><b>Pork Spare Ribs</b> Baked Sweet Potato Steamed Sliced Carrots <i>Fruit or Juice</i></p>	<p><b>Fish Curry</b> Couscous with Peas and Lemon Broccoli and Red Peppers <i>Fruit or Juice</i></p>	<p><b>Red Red (African Stewed Black Eyed Peas and Okra)</b> Cauliflower and Potato Mash Steamed Green Beans <i>Fruit or Juice</i></p>
30						

<b>Baked Oregano Chicken</b> Macaroni California Blend Vegetables <i>Fruit or Juice</i>						
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All meals will be accompanied by a portion of milk, whole wheat bread, cinnamon sticks and a piece of fruit (fruit & juice vary every day).