








JUNE 2024 - LATIN HOT MENU



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						 
1	2	3	4	5	6	7
	Chickpea Curry Medley Quinoa Italian Blend Vegetables <i>Fruit or Juice</i>	Chicken Kofta W/ Tomato Curry Beets and Baby Carrots with Dill Yuca with Onions <i>Fruit or Juice</i>	Stewed Oxtails with Lima Beans Cooled Cabbage with Shredded Carrots Yellow Plantains <i>Fruit or Juice</i>	Stewed Chicken Breast Garlic and Rosemary Roasted Potatoes Steamed Broccoli <i>Fruit or Juice</i>	Baked Breaded Fish Fillets Brown Rice Italian Blend Vegetables <i>Fruit or Juice</i>	
8	9	10	11	12	13	14
15	16	17	18	19	20	21

	<p>Arroz con Pollo Chicken Breast and Rice Steamed Cauliflower Steamed Green Beans <i>Fruit or Juice</i></p>	<p>Beef Picadillo Steamed Cauliflower Yellow Plantains <i>Fruit or Juice</i></p>	<p>Aromatic Lentil Stew with Carrots and Turnips Brown Rice and Black Beans Caribbean Style Roasted Cabbage with Carrots <i>Fruit or Juice</i></p>	<p>Chicken Adobo Yellow Rice Steamed Green Beans <i>Fruit or Juice</i></p>	<p>Breaded Fish Fillet Broccoli and Red Peppers Cuban Black Beans Steamed Cauliflower <i>Fruit or Juice</i></p>	
14	17	18	19	20	21	22
	<p>Warming Carrot, Cauliflower, and Chickpea Stew Pearled Barley Steamed Green Beans <i>Fruit or Juice</i></p>	<p>Chicken and Broccoli Stir Fry Baked Brown Rice Pilaf Oriental Blend Vegetables <i>Fruit or Juice</i></p>	<p>BBQ Pulled Pork Steamed Cauliflower Sweet Baked Yams <i>Fruit or Juice</i></p>	<p>Ropa Vieja Polenta Steamed Broccoli <i>Fruit or Juice</i></p>	<p>Fish with Creole Sauce Yellow Rice Normandy Blend <i>Fruit or Juice</i></p>	
23	24	25	26	27	28	29
	<p>Baked Pork Chops W/ Brown Gravy Steamed Cauliflower Steamed Sliced Carrots Yuca with Onions <i>Fruit or Juice</i></p>	<p>Comforting Lentil and Bean Chili Baked Brown Rice Pilaf Steamed Green Beans <i>Fruit or Juice</i></p>	<p>Stewed Chicken Breast Cilantro Lime Rice California Blend Vegetables Kale with Tomato <i>Fruit or Juice</i></p>	<p>Caribbean Style BBQ Chicken Couscous with Peas and Lemon Curry Cabbage Normandy Blend <i>Fruit or Juice</i></p>	<p>Fish with Creole Sauce Steamed Broccoli Yellow Plantains <i>Fruit or Juice</i></p>	
30						

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All meals will be accompanied by a portion of milk, whole wheat bread, margarine, butter, and a piece of fruit (fruit & juice are acceptable).