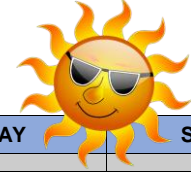


JULY 2024 - LATIN FROZEN MENU



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Mexican Style Chicken Thighs and Rice Normandy Blend Steamed Green Beans <i>Fruit or Juice</i>	Cauliflower Fried Rice with Tofu and Edamame Baked Brown Rice Pilaf Beets and Baby Carrots with Dill <i>Fruit or Juice</i>	Curry Chicken Broccoli and Red Peppers Yuca with Garlic and Lemon <i>Fruit or Juice</i>	Pork Spare Ribs 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>	Red Red (African Stewed Black Eyed Peas and Okra) Cauliflower and Potato Mash Steamed Green Beans <i>Fruit or Juice</i>
7	8	9	10	11	12	13
Baked Oregano Chicken Macaroni California Blend Vegetables <i>Fruit or Juice</i>	Spanish Style Beef Stew Rice Pilaf Oriental Blend Vegetables <i>Fruit or Juice</i>	Rasta Pasta w/ Rasta Pasta Sauce Prince Edward Blend Vegetables <i>Fruit or Juice</i>	Spiced Lentil and Sweet Potato Curry Baby Carrots and Parsley Steamed Green Beans <i>Fruit or Juice</i>	Jerk Chicken Leg Quarter Spiced Majadra Steamed Cauliflower <i>Fruit or Juice</i>	Breaded Fish Fillet Cuban Black Beans Steamed Cauliflower <i>Fruit or Juice</i>	Stewed Chicken Breast Steamed Green Beans <i>Fruit or Juice</i>
14	15	16	17	18	19	20
Spanish Style Baked Chicken Quinoa Capri Blend Vegetables <i>Fruit or Juice</i>	Chickpea Curry Medley Brown Rice with Mushrooms 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 Cooked Cabbage with Shredded Carrots <i>Fruit or Juice</i>	Stewed Chicken Breast Garlic and Rosemary Roasted Potatoes Steamed Broccoli <i>Fruit or Juice</i>	Baked Breaded Fish Brown Rice California Blend Vegetables <i>Fruit or Juice</i>	Arroz con Pollo Chicken Breast and Rice Capri Blend Vegetables Steamed Green Beans <i>Fruit or Juice</i>
21	22	23	24	25	26	27
Stewed Codfish with Eggplant Steamed Green Beans <i>Fruit or Juice</i>	Arroz con Pollo Chicken Breast and Rice Italian Blend Vegetables Roasted Zucchini <i>Fruit or Juice</i>	Beef Picadillo Steamed Cauliflower <i>Fruit or Juice</i>	Smokey Black Bean and Sweet Potato Chili Baked Brown Rice Pilaf Beets and Baby Carrots with Dill <i>Fruit or Juice</i>	Chicken Adobo Yellow Rice Steamed Green Beans <i>Fruit or Juice</i>	Baked Breaded Fish Broccoli and Red Peppers Cuban Black Beans Steamed Carrots <i>Fruit or Juice</i>	Cheese Lasagna Rollups w/ Tomato Sauce Steamed Broccoli <i>Fruit or Juice</i>
28	29	30	31			
Sesame Orange Chicken Brown Rice Winter Blend Vegetables <i>Fruit or Juice</i>	Warming 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 <i>Fruit or Juice</i>	BBQ Pulled Pork Capri Blend Vegetables Sweet Baked Yams <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).