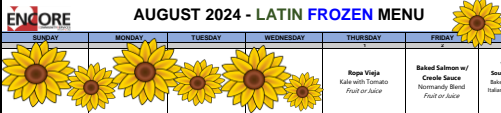
 <b>AUGUST 2024 - LATIN FROZEN MENU</b> 						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>Ropa Vieja</b> Kale with Tomato <i>Fruit or Juice</i>	<b>Baked Salmon w/ Creole Sauce</b> Normandy Blend <i>Fruit or Juice</i>	<b>World's Best Southern Rice Dish</b> Baked Brown Rice Flat Tater Blend Vegetables <i>Fruit or Juice</i>
<b>Aromatic Pumpkin and Chicken Curry</b> Savory Rice California Blend Vegetables <i>Fruit or Juice</i>	<b>Baked Pork Chops w/ Brown Gravy</b> Baby Carrots with Parsley Yucca with Onions <i>Fruit or Juice</i>	<b>Comforting Lentil and Bean Chili</b> Baked Brown Rice Flat Steamed Green Beans <i>Fruit or Juice</i>	<b>Stewed Chicken Breast</b> Classic Lime Rice California Blend Vegetables <i>Fruit or Juice</i>	<b>Caribbean Style BBQ Chicken</b> Couscous with Peas and Lentils Beans and Bell Peppers Vegetable Blend <i>Fruit or Juice</i>	<b>Fish with Creole Sauce</b> Yellow Rice Steamed Broccoli <i>Fruit or Juice</i>	<b>Whole Wheat Mac and Cheese with Buttered Squash</b> California Blend Vegetables Normandy Blend <i>Fruit or Juice</i>
<b>Bites Encaballao</b> Capri Blend Vegetables <i>Fruit or Juice</i>	<b>Mexican Style Chicken Wings and Rice</b> Normandy Blend Steamed Green Beans <i>Fruit or Juice</i>	<b>Cauliflower Fried Rice with Tofu and Edamame</b> Baked Brown Rice Flat Beans and Bell Peppers Carrots with Oil <i>Fruit or Juice</i>	<b>Curry Chicken</b> Broccoli and Red Peppers Yucca with Onions and Lentils <i>Fruit or Juice</i>	<b>Pork Spare Ribs</b> Baked Sweet Potato Steamed Broccoli Carrots <i>Fruit or Juice</i>	<b>Fish Curry</b> Couscous with Peas and Lentils Broccoli and Bell Peppers <i>Fruit or Juice</i>	<b>Red Red African Stewed Beef</b> Red Rice and Onions Cauliflower and Beans Beans Steamed Green Beans <i>Fruit or Juice</i>
<b>Baked Oregano Chicken</b> Macaroni California Blend Vegetables <i>Fruit or Juice</i>	<b>Spanish Style Beef Stew</b> Rice Flat Onion Blend Vegetables <i>Fruit or Juice</i>	<b>Rasta Pasta w/ Rasta Pasta Sauce</b> Pineapple Blend Vegetables <i>Fruit or Juice</i>	<b>Spiced Lentil and Sweet Potato Curry</b> Baby Carrots and Peas Steamed Green Beans <i>Fruit or Juice</i>	<b>Jerk Chicken Leg Quarter</b> Spiced Mashed Potatoes Steamed Cauliflower <i>Fruit or Juice</i>	<b>Breaded Fish Filet</b> Cuban Black Beans Steamed Cauliflower <i>Fruit or Juice</i>	<b>Stewed Chicken Breast</b> Steamed Green Beans <i>Fruit or Juice</i>
<b>Spanish Style Baked Chicken</b> Quinoa Capri Blend Vegetables <i>Fruit or Juice</i>	<b>Chicken Curry Medley</b> Brown Rice with Mushrooms Yucca Blend Vegetables <i>Fruit or Juice</i>	<b>Chicken Kofta w/ Tomato Curry</b> Beans and Bell Peppers Carrots with Oil Yucca with Onions <i>Fruit or Juice</i>	<b>Stewed Details with Lime Beans</b> Cooked Cabbage with Braised Carrots <i>Fruit or Juice</i>	<b>Stewed Chicken Breast</b> Garlic and Rosemary Roasted Potatoes Steamed Broccoli <i>Fruit or Juice</i>	<b>Baked Breaded Fish</b> Brown Rice California Blend Vegetables <i>Fruit or Juice</i>	<b>Arroz con Pollo</b> Chicken Breast and Rice Capri Blend Vegetables Steamed Green Beans <i>Fruit or Juice</i>