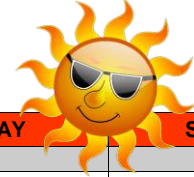




# JULY 2024 - LATIN HOT MENU



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> <b>Baked Pork Chops w/ Brown Gravy</b> Steamed Cauliflower Steamed Sliced Carrots Yuca with Onions <i>Fruit or Juice</i>	<b>2</b> <b>Comforting Lentil and Bean Chili</b> Baked Brown Rice Pilaf Steamed Green Beans <i>Fruit or Juice</i>	<b>3</b> <b>Stewed Chicken Breast</b> Cilantro Lime Rice California Blend Vegetables Kale with Tomato <i>Fruit or Juice</i>	<b>4</b> <b>Caribbean Style BBQ Chicken</b> Couscous with Peas and Lemon Curry Cabbage Normandy Blend <i>Fruit or Juice</i>	<b>5</b> <b>Fish with Creole Sauce</b> Steamed Broccoli <i>Fruit or Juice</i>	<b>6</b> <b>Mexican Style Chicken Thighs and Rice</b> Italian Blend Vegetables <i>Fruit or Juice</i>
	<b>7</b> <b>Cheese Tortellini w/ Alfredo Sauce</b> Yellow Rice Capri Blend Vegetables <i>Fruit or Juice</i>	<b>8</b> <b>Mexican Style Chicken Thighs and Rice</b> Normandy Blend Steamed Green Beans <i>Fruit or Juice</i>	<b>9</b> <b>Cauliflower Fried Rice with Tofu and Edamame</b> Baked Brown Rice Pilaf California Blend Vegetables <i>Fruit or Juice</i>	<b>10</b> <b>Curry Chicken</b> Steamed Cauliflower Yuca con Mojo <i>Fruit or Juice</i>	<b>11</b> <b>Pork Spare Ribs</b> Roasted Sweet Potato Slices Vegetable Mix <i>Fruit or Juice</i>	<b>12</b> <b>Coconut Curried Fish</b> Brown Rice and Black Beans Spiced Mixed Vegetables <i>Fruit or Juice</i>
<b>14</b> <b>Cheese Tortellini w/ Meat Sauce</b> Italian Blend Vegetables <i>Fruit or Juice</i>	<b>15</b> <b>Spanish Style Beef Stew</b> Yellow Rice Oriental Blend Vegetables <i>Fruit or Juice</i>	<b>16</b> <b>Rasta Pasta w/ Rasta Pasta Sauce</b> Roasted Broccoli Steamed Carrots <i>Fruit or Juice</i>	<b>17</b> <b>Spiced Lentil and Sweet Potato Curry</b> Polenta Steamed Green Beans <i>Fruit or Juice</i>	<b>18</b> <b>Jerk Chicken Leg Quarter</b> Collard Greens with Tomato Steamed Cauliflower <i>Fruit or Juice</i>	<b>19</b> <b>Breaded Fish Fillet</b> Cuban Black Beans Steamed Carrots <i>Fruit or Juice</i>	<b>20</b> <b>BBQ Pork Chops</b> Broccoli and Red Peppers <i>Fruit or Juice</i>
<b>21</b> <b>Sweet and Sour Chicken Meatballs</b> Yellow Rice Steamed Green Beans <i>Fruit or Juice</i>	<b>22</b> <b>Chickpea Curry Medley</b> Quinoa Italian Blend Vegetables <i>Fruit or Juice</i>	<b>23</b> <b>Chicken Kofta w/ Tomato Curry</b> Beets and Baby Carrots with Dill Yuca with Onions <i>Fruit or Juice</i>	<b>24</b> <b>Stewed Oxtails with Lima Beans</b> Cooked Cabbage with Shredded Carrots <i>Fruit or Juice</i>	<b>25</b> <b>Stewed Chicken Breast</b> Garlic and Rosemary Roasted Potatoes Steamed Broccoli <i>Fruit or Juice</i>	<b>26</b> <b>Baked Breaded Fish Fillets</b> Brown Rice Italian Blend Vegetables <i>Fruit or Juice</i>	<b>27</b> <b>Baked Ziti w/ Cheese</b> Cauliflower with Carrots and Parsley <i>Fruit or Juice</i>
<b>28</b> <b>Orange Chicken with Rosemary</b> Quinoa California Blend Vegetables <i>Fruit or Juice</i>	<b>29</b> <b>Arroz con Pollo Chicken Breast and Rice</b> Steamed Cauliflower Steamed Green Beans <i>Fruit or Juice</i>	<b>30</b> <b>Beef Picadillo</b> Steamed Cauliflower <i>Fruit or Juice</i>	<b>31</b> <b>Aromatic Lentil Stew with Carrots and Turnips</b> Brown Rice and Black Beans Caribbean Style Roasted Cabbage with Carrots <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).