



SEPTEMBER 2024 - LATIN FROZEN MENU



SUNDAY 1	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7	
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>	
8	9	10	11	12	13	14	
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 Sweet Baked Yams Capri Blend Vegetables <i>Fruit or Juice</i>	Ropa Vieja Kale with Tomato <i>Fruit or Juice</i>	Baked Salmon w/ Creole Sauce Normandy Blend <i>Fruit or Juice</i>	World's Best Southern Bean Chili Baked Brown Rice Pilaf Italian Blend Vegetables <i>Fruit or Juice</i>	
15	16	17	18	19	20	21	
Aromatic Pumpkin and Chickpea Curry Jeera Rice California Blend Vegetables <i>Fruit or Juice</i>	Baked Pork Chops w/ Brown Gravy Yuca with Onions Baby Carrots with Parsley <i>Fruit or Juice</i>	Comforting Lentil and Bean Chili Baked Brown Rice Pilaf Steamed Green Beans <i>Fruit or Juice</i>	Stewed Chicken Breast Cilantro Lime Rice California Blend Vegetables <i>Fruit or Juice</i>	Caribbean Style BBQ Chicken Couscous with Peas and Lemon Beets and Baby Carrots with Dill Vegetable Mix <i>Fruit or Juice</i>	Fish w/ Creole Sauce Yellow Rice Steamed Broccoli <i>Fruit or Juice</i>	Whole Wheat Mac and Cheese w/ Butternut Squash California Blend Vegetables Normandy Blend <i>Fruit or Juice</i>	
22	23	24	25	26	27	28	
Bistec Encebollao Capri Blend Vegetables <i>Fruit or Juice</i>	Mexican Style Chicken Thighs and Rice Normandy Blend Steamed Green Beans <i>Fruit or Juice</i>	Cauliflower Fried Rice w/ Tofu and Edamame Beets and Baby Carrots with Dill <i>Fruit or Juice</i>	Curry Chicken Yuca with Garlic and Lemon Broccoli and Red Peppers <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>	
29	30						
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>						

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).