

# SEPTEMBER 2024 - LATIN **HOT** MENU



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 <b>Sweet and Sour Chicken Meatballs</b> Yellow Rice Steamed Green Beans <i>Fruit or Juice</i>	2 <b>Chickpea Curry Medley</b> Quinoa Italian Blend Vegetables <i>Fruit or Juice</i>	3 <b>Chicken Kofta w/ Tomato Curry</b> Yuca with Onions Beets and Baby Carrots with Dill <i>Fruit or Juice</i>	4 <b>Stewed Oxtails w/ Lima Beans</b> Cooked Cabbage with Shredded Carrots <i>Fruit or Juice</i>	5 <b>Stewed Chicken Breast</b> Garlic and Rosemary Roasted Potatoes Steamed Broccoli <i>Fruit or Juice</i>	6 <b>Baked Breaded Fish Fillets</b> Brown Rice Italian Blend Vegetables <i>Fruit or Juice</i>	7 <b>Baked Ziti w/Cheese</b> Cauliflower with Carrots and Parsley <i>Fruit or Juice</i>	
8 <b>Orange Chicken w/ Rosemary</b> Quinoa California Blend Vegetables <i>Fruit or Juice</i>	9 <b>Arroz con Pollo Chicken Breast and Rice</b> Steamed Cauliflower Steamed Green Beans <i>Fruit or Juice</i>	10 <b>Beef Picadillo</b> Steamed Cauliflower <i>Fruit or Juice</i>	11 <b>Aromatic Lentil Stew w/ Carrots and Turnips</b> Brown Rice and Black Beans Caribbean Style Roasted Cabbage with Carrots <i>Fruit or Juice</i>	12 <b>Chicken Adobo</b> Yellow Rice Steamed Green Beans <i>Fruit or Juice</i>	13 <b>Breaded Fish Fillet</b> Broccoli and Red Peppers Cuban Black Beans Steamed Cauliflower <i>Fruit or Juice</i>	14 <b>Baked Chicken Thighs Springtime Fried Brown Rice</b> Winter Blend Vegetables <i>Fruit or Juice</i>	
15 <b>Rasta Pasta w/ Rasta Pasta Sauce</b> Italian Blend Vegetables <i>Fruit or Juice</i>	16 <b>Warming Carrot, Cauliflower, and Chickpea Stew</b> Pearled Barley Steamed Green Beans <i>Fruit or Juice</i>	17 <b>Chicken and Broccoli Stir Fry</b> Baked Brown Rice Pilaf Oriental Blend Vegetables <i>Fruit or Juice</i>	18 <b>BBQ Pulled Pork</b> Sweet Baked Yams Steamed Cauliflower <i>Fruit or Juice</i>	19 <b>Ropa Vieja</b> Polenta Steamed Broccoli <i>Fruit or Juice</i>	20 <b>Fish w/ Creole Sauce</b> Yellow Rice Normandy Blend <i>Fruit or Juice</i>	21 <b>Orange Chicken w/ Rosemary</b> Instant Mashed Potatoes Steamed Carrots <i>Fruit or Juice</i>	
22 <b>Chicken Stir Fry w/ Broccoli, Peppers, and Carrots</b> Brown Rice Italian Blend Vegetables <i>Fruit or Juice</i>	23 <b>Baked Pork Chops w/ Brown Gravy</b> Steamed Cauliflower Steamed Sliced Carrots Yuca with Onions <i>Fruit or Juice</i>	24 <b>Comforting Lentil and Bean Chili</b> Baked Brown Rice Pilaf Steamed Green Beans <i>Fruit or Juice</i>	25 <b>Stewed Chicken Breast</b> Cilantro Lime Rice California Blend Vegetables Kale with Tomato <i>Fruit or Juice</i>	26 <b>Caribbean Style BBQ Chicken</b> Couscous with Peas and Lemon Curry Cabbage Normandy Blend <i>Fruit or Juice</i>	27 <b>Fish w/ Creole Sauce</b> Steamed Broccoli <i>Fruit or Juice</i>	28 <b>Mexican Style Chicken Thighs and Rice</b> Italian Blend Vegetables <i>Fruit or Juice</i>	
29 <b>Cheese Tortellini w/ Alfredo Sauce</b> Capri Blend Vegetables <i>Fruit or Juice</i>	30 <b>Mexican Style Chicken Thighs and Rice</b> Normandy Blend Steamed Green Beans <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).