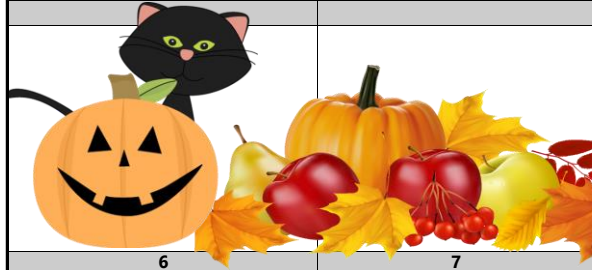



# OCTOBER 2024 - LATIN HOT MENU



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1</p> <p><b>Cauliflower Fried Rice w/ Tofu and Edamame</b> Baked Brown Rice Pilaf California Blend Vegetables <i>Fruit or Juice</i></p>	<p>2</p> <p><b>Curry Chicken</b> Steamed Cauliflower Yuca con Mojo <i>Fruit or Juice</i></p>	<p>3</p> <p><b>Pork Spare Ribs</b> Roasted Sweet Potato Slices Vegetable Mix <i>Fruit or Juice</i></p>	<p>4</p> <p><b>Coconut Curried Fish</b> Brown Rice and Black Beans Spiced Mixed Vegetables Steamed Broccoli <i>Fruit or Juice</i></p>	<p>5</p> <p><b>Homestyle Vegan Whole Grain Mac and Cheese</b> California Blend Vegetables <i>Fruit or Juice</i></p>
<p>6</p> <p><b>Cheese Tortellini w/ Meat Sauce</b> Italian Blend Vegetables <i>Fruit or Juice</i></p>	<p>7</p> <p><b>Spanish Style Beef Stew</b> Yellow Rice Oriental Blend Vegetables <i>Fruit of Juice</i></p>	<p>8</p> <p><b>Rasta Pasta w/ Rasta Pasta Sauce</b> Roasted Broccoli Steamed Carrots <i>Fruit or Juice</i></p>	<p>9</p> <p><b>Spiced Lentil and Sweet Potato Curry</b> Polenta Steamed Green Beans <i>Fruit or Juice</i></p>	<p>10</p> <p><b>Jerk Chicken Leg Quarter</b> Collard Greens with Tomato Steamed Cauliflower <i>Fruit or Juice</i></p>	<p>11</p> <p><b>Breaded Fish Fillet</b> Cuban Black Beans Steamed Carrots <i>Fruit or Juice</i></p>	<p>12</p> <p><b>BBQ Pork Chops</b> Broccoli and Red Peppers Yellow Plantains <i>Fruit or Juice</i></p>
<p>13</p> <p><b>Sweet and Sour Chicken Meatballs</b> Yellow Rice Steamed Green Beans <i>Fruit or Juice</i></p>	<p>14</p> <p><b>Chickpea Curry Medley</b> Quinoa Italian Blend Vegetables <i>Fruit or Juice</i></p>	<p>15</p> <p><b>Chicken Kofta w/ Tomato Curry</b> Beets and Baby Carrots with Dill Yuca with Onions <i>Fruit or Juice</i></p>	<p>16</p> <p><b>Stewed Oxtails with Lima Beans</b> Cooked Cabbage with Shredded Carrots Yellow Plantains <i>Fruit or Juice</i></p>	<p>17</p> <p><b>Stewed Chicken Breast</b> Polenta Garlic and Rosemary Roasted Potatoes Steamed Broccoli <i>Fruit or Juice</i></p>	<p>18</p> <p><b>Baked Breaded Fish Fillets</b> Brown Rice Italian Blend Vegetables <i>Fruit or Juice</i></p>	<p>19</p> <p><b>Baked Ziti w/ Cheese</b> Cauliflower with Carrots and Parsley <i>Fruit or Juice</i></p>
<p>20</p> <p><b>Orange Chicken w/ Rosemary</b> Quinoa California Blend Vegetables <i>Fruit or Juice</i></p>	<p>21</p> <p><b>Chicken Breast and Rice</b> Steamed Cauliflower Steamed Green Beans <i>Fruit or Juice</i></p>	<p>22</p> <p><b>Beef Picadillo</b> Steamed Cauliflower Yellow Plantains <i>Fruit or Juice</i></p>	<p>23</p> <p><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></p>	<p>24</p> <p><b>Chicken Adobo</b> Yellow Rice Steamed Green Beans <i>Fruit or Juice</i></p>	<p>25</p> <p><b>Breaded Fish Fillet</b> Broccoli and Red Peppers Cuban Black Beans Steamed Cauliflower <i>Fruit or Juice</i></p>	<p>26</p> <p><b>Baked Chicken Thighs</b> <b>Springtime Fried Brown Rice</b> Winter Blend Vegetables <i>Fruit or Juice</i></p>
<p>27</p> <p><b>Rasta Pasta w/ Rasta Pasta Sauce</b> Italian Blend Vegetables <i>Fruit or Juice</i></p>	<p>28</p> <p><b>Warming Carrot, Cauliflower, and Chickpea Stew</b> Pearled Barley Steamed Green Beans <i>Fruit or Juice</i></p>	<p>29</p> <p><b>Chicken and Broccoli Stir Fry</b> Baked Brown Rice Pilaf Oriental Blend Vegetables <i>Fruit or Juice</i></p>	<p>30</p> <p><b>BBQ Pulled Pork</b> Steamed Cauliflower Sweet Baked Yams <i>Fruit or Juice</i></p>	<p>31</p> <p><b>Ropa Vieja</b> Polenta Steamed Broccoli <i>Fruit or Juice</i></p>		

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).