



# January 2019 Caribbean HDM Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>31</b>	New Year's Day Holiday!          <b>1</b>	Arroz con Camarones (Shrimp)  Yellow Rice Plantains Wheat Bread Oatmeal Cookie      <b>2</b>	Jerked Pork Ribs  Yucca Fries Mixed Vegetables Wheat Bread Fruit      <b>3</b>	Stewed Lamb  Rice and Beans Green Beans w/Red Peppers Wheat Roll Fruit      <b>4</b>
Caribbean Spiced Pork w/Apple Chutney  Rice Pilaf Green Peas Rye Bread Chocolate Pudding      <b>7</b>	White Fish Sofrito  Mashed Potatoes Green Beans w/Red Peppers Scali Bread Fruit      <b>8</b>	Creole Chicken w/Chorizo  White Rice & Lentils Broccoli Rye Bread Fruit      <b>9</b>	Caribbean Shrimp w/Pineapple Salsa  Coconut Lime Rice Carrots Scali Bread Cake      <b>10</b>	Braised Beef & Vegetables  Red Beans and Rice Kale Greens Snack Loaf Fruit      <b>11</b>
Braised Chicken  White Rice Carrots Scali Bread Vanilla Pudding      <b>14</b>	Caribbean Seafood Rice  Yellow Rice California Blend Vegetables Wheat Roll Fruit      <b>15</b>	Curried Chicken  Yucca Kale Greens Rye Bread Fruit      <b>16</b>	HOLIDAY MEAL  Braised Short Ribs Polenta Green Beans Red Velvet Cake Whole Grain Roll      <b>17</b>	Chicken Sausage w/ Cabbage  Yellow Rice Green Peas Scali Bread Fruit      <b>18</b>
Martin Luther King Holiday!          <b>21</b>	Chicken Sausage Jambalaya  Yellow Rice Green Beans w/Red Peppers Wheat Roll Fruit      <b>22</b>	Chicken w/ Peppers and Onions  Yucca Fries Broccoli Wheat Bread Brownie      <b>23</b>	Jerk Chicken  Sweet Potatoes Green Peas Fruit Whole Grain Bread      <b>24</b>	Dominican Style Roast Turkey  Mashed Potatoes Mixed Vegetables Snack Loaf Fruit      <b>25</b>
Fried Chicken w/ Okra & Mushrooms  Rice Pilaf Collard Greens Vanilla Pudding Wheat Roll      <b>28</b>	Salt Cod & Potato Casserole  White Rice Mixed Vegetables Italian Bread Fruit      <b>29</b>	Cerdo Asado (Pork)  Yellow Rice Plantains Rye Bread Fruit      <b>30</b>	Caribbean Beef w/ Peppers & Onions  Mashed Potatoes Green Beans w/Red Peppers Chocolate Chip Cookie Wheat Bread      <b>31</b>	