



# January 2019 Portuguese HDM

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;"><b>31</b></p>	Curried Chicken  White Rice Broccoli & Cauliflower Scali Bread Fruit  <p style="text-align: right;"><b>1</b></p>	Caribbean Seafood Rice  Yellow Rice Vegetable Medley Rye Bread Oatmeal Cookie  <p style="text-align: right;"><b>2</b></p>	Garlic Pork  Yucca Kale Greens Wheat Bread Fruit  <p style="text-align: right;"><b>3</b></p>	Bifes de Cebolado (Beef & Onions)  Mashed Potatoes Carrots Snack Loaf Fruit  <p style="text-align: right;"><b>4</b></p>
Chicken with Spinach  White Rice & Lentils Green Peas Rye Bread Chocolate Pudding  <p style="text-align: right;"><b>7</b></p>	Roasted Pork Loin w/Guava Sauce  Plantains Green Beans w/Red Peppers Scali Bread Fruit  <p style="text-align: right;"><b>8</b></p>	Sancocho (Chicken Stew)  White Rice Broccoli Whole Grain Roll Fruit  <p style="text-align: right;"><b>9</b></p>	Baked Fish w/Sofrito  Yucca Vegetable Medley Scali Bread Brownie  <p style="text-align: right;"><b>10</b></p>	Moorish Chicken  Rice and Beans Carrots Snack Loaf Fruit  <p style="text-align: right;"><b>11</b></p>
Bacalao (Salt Cod)  White Rice Broccoli & Cauliflower Scali Bread Vanilla Pudding  <p style="text-align: right;"><b>14</b></p>	Braised Beef & Vegetables  Yucca Green Beans w/Red Peppers Wheat Roll Fruit  <p style="text-align: right;"><b>15</b></p>	Creole Shrimp & Grits  Grits Kale Greens Rye Bread Chocolate Chip Cookie  <p style="text-align: right;"><b>16</b></p>	Chicken Sausage w/Peppers & Onions  Yellow Rice Green Peas Whole Grain Bread Fruit  <p style="text-align: right;"><b>17</b></p>	Roast Pork & Braised Greens  Rice and Beans Carrots Snack Loaf Fruit  <p style="text-align: right;"><b>18</b></p>
Dominican Style Roast Turkey  Mashed Potatoes Green Beans Wheat Roll Butterscotch Pudding  <p style="text-align: right;"><b>21</b></p>	Shrimp & Eggplant Bake  Yellow Rice Plantains Scali Bread Fruit  <p style="text-align: right;"><b>22</b></p>	Fried Chicken w/ Okra & Mushrooms  Mashed Sweet Potatoes Mixed Vegetables Rye Bread Fruit  <p style="text-align: right;"><b>23</b></p>	Stewed Lamb  White Rice Carrots Fruit Scali Bread  <p style="text-align: right;"><b>24</b></p>	Portuguese Baked Fish  Rice and Beans Green Peas Snack Loaf Fruit  <p style="text-align: right;"><b>25</b></p>
Creole Chicken  Mashed Potatoes Kale Greens Whole Grain Bread Vanilla Pudding  <p style="text-align: right;"><b>28</b></p>	Curried Chicken  White Rice Broccoli & Cauliflower Scali Bread Fruit  <p style="text-align: right;"><b>29</b></p>	Caribbean Seafood Rice  Yellow Rice Vegetable Medley Rye Bread Oatmeal Cookie  <p style="text-align: right;"><b>30</b></p>	Garlic Pork  Yucca Kale Greens Wheat Bread Fruit  <p style="text-align: right;"><b>31</b></p>	