



## February 2019 Caribbean HDM Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	White Fish Sofrito  Rice and Beans Green Beans w/Red Peppers Wheat Roll Fruit  <b>1</b>
Creole Chicken w/Chorizo  White Rice & Lentils Broccoli Rye Bread Chocolate Pudding  <b>4</b>	Jerked Pork Ribs  Mashed Sweet Potatoes Collard Greens Scali Bread Fruit  <b>5</b>	Caribbean Seafood Rice  Yellow Rice Mixed Vegetables Rye Bread Oatmeal Cookie  <b>6</b>	Chicken w/ Peppers and Onions  Yucca Fries Vegetable Medley Scali Bread Fruit  <b>7</b>	Oxtails w/Sauce  Mashed Potatoes Corn w/ Peppers Snack Loaf Fruit  <b>8</b>
Chicken w/Sofrito  Rice Pilaf Green Peas Scali Bread Vanilla Pudding  <b>11</b>	Caribbean Spiced Pork w/Peach Salsa  Mashed Potatoes California Blend Vegetables Wheat Roll Fruit  <b>12</b>	Braised Chicken  Yucca Kale Greens Rye Bread Fruit  <b>13</b>	HOLIDAY MEAL  Sweet Pineapple Turkey-Ham Candied Yams Green Beans Cornbread Holiday Cookie  <b>14</b>	Dominican Style Roast Turkey  Yellow Rice w/Pigeon Peas Carrots Scali Bread Fruit  <b>15</b>
President's Day!          <b>18</b>	Curried Chicken  White Rice Green Beans w/Red Peppers Wheat Roll Fruit  <b>19</b>	Creole Shrimp & Grits  Grits Broccoli Wheat Bread Brownie  <b>20</b>	Braised Beef & Vegetables  Yucca Green Peas Fruit Whole Grain Roll  <b>21</b>	Chicken Sausage w/ Cabbage  White Rice Mixed Vegetables Snack Loaf Fruit  <b>22</b>
Fried Chicken w/ Okra & Mushrooms  Rice Pilaf Carrots Vanilla Pudding Wheat Roll  <b>25</b>	Baked Fish w/Mango Salsa  Mashed Potatoes Mixed Vegetables Italian Bread Fruit  <b>26</b>	Cachupa Rica (Cape Verde Sausage Stew)  Rice and Beans Broccoli Rye Bread Carrot Cake  <b>27</b>	Jerk Chicken  Mashed Potatoes Bean & Barley Soup Wheat Bread Fruit  <b>28</b>	