



February 2019 Portuguese HDM

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	Bifes de Cebolado (Beef & Onions) Mashed Potatoes Carrots Snack Loaf Fruit 1
Chicken with Spinach White Rice & Lentils Green Peas Rye Bread Chocolate Pudding 4	Roasted Pork Loin w/Guava Sauce Plantains Green Beans w/Red Peppers Scali Bread Fruit 5	Sancocho (Chicken Stew) White Rice Broccoli Whole Grain Roll Fruit 6	Baked Fish w/Sofrito Yucca Carrots Scali Bread Cake 7	Moorish Chicken Rice and Beans Kale Greens Snack Loaf Fruit 8
Bacalao (Salt Cod) White Rice Carrots Scali Bread Vanilla Pudding 11	Braised Beef & Vegetables Yucca California Blend Vegetables Wheat Roll Fruit 12	Creole Shrimp & Grits Grits Kale Greens Rye Bread Chocolate Chip Cookie 13	Chicken Sausage w/Peppers & Onions Yellow Rice Green Beans Whole Grain Bread Fruit 14	Roast Pork & Braised Greens Rice and Beans Green Peas Snack Loaf Fruit 15
President's Day! 18	Shrimp & Eggplant Bake Yellow Rice Plantains Scali Bread Fruit 19	Fried Chicken w/ Okra & Mushrooms Mashed Sweet Potatoes Mixed Vegetables Rye Bread Fruit 20	Stewed Lamb White Rice Carrots Fruit Scali Bread 21	Portuguese Baked Fish Rice and Beans Green Peas Snack Loaf Fruit 22
Creole Chicken Mashed Potatoes Kale Greens Whole Grain Bread Vanilla Pudding 25	Curried Chicken White Rice Broccoli & Cauliflower Scali Bread Fruit 26	Caribbean Seafood Rice Yellow Rice Vegetable Medley Rye Bread Oatmeal Cookie 27	Garlic Pork Yucca Kale Greens Wheat Bread Fruit 28	