



## March 2019 Caribbean HDM Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	Baked Fish w/Mango Salsa  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>	Arroz con Camarones (Shrimp)  Yellow Rice Plantains Whole Grain Roll Oatmeal Cookie  <b>6</b>	Braised Chicken  Yucca Corn with Red Peppers Wheat Bread Fruit  <b>7</b>	Bolinhos de Bacalhau (Salt Cod Fritters)  Yellow Rice w/Pigeon Peas Carrots Wheat Roll Fruit  <b>8</b>
Chicken w/Sofrito  White Rice Green Peas Italian Bread Vanilla Pudding  <b>11</b>	Slow Cooked Pork  w/Peach Salsa Mashed Potatoes California Blend Vegetables Wheat Roll Fruit  <b>12</b>	Curried Chicken  White Rice Kale Greens Rye Bread Fruit  <b>13</b>	HOLIDAY MEAL  Corned Beef & Cabbage Boiled Potatoes Carrots Soda Bread Holiday Cookie  <b>14</b>	Caribbean Shrimp w/Pineapple Salsa  Coconut Lime Rice Green Beans w/Red Peppers Italian Bread Fruit  <b>15</b>
Stewed Lamb  Mashed Potatoes Carrots Wheat Bread Butterscotch Pudding  <b>18</b>	Chicken Sausage w/ Cabbage  White Rice Broccoli Wheat Roll Fruit  <b>19</b>	Dominican Style Roast Turkey  Mashed Potatoes Mixed Vegetables Wheat Bread Brownie  <b>20</b>	Pork Tacos w/Cilantro Lime Coleslaw  Whole Grain Soft Tortilla Corn with Red Peppers Fruit  <b>21</b>	White Fish Sofrito  White Rice & Lentils Green Peas Scali Bread Fruit  <b>22</b>
Jambalaya(Chicken & Turkey Sausage)  Yellow Rice Broccoli Vanilla Pudding Wheat Roll  <b>25</b>	BBQ Jerk Chicken  Rice and Beans Mashed Sweet Potatoes Scali Bread Fruit  <b>26</b>	Braised Beef  w/Onions & Peppers White Rice Corn with Red Peppers Rye Bread Fruit  <b>27</b>	Fried Chicken w/ Okra & Mushrooms  Mashed Potatoes Green Beans Wheat Bread Carrot Cake  <b>28</b>	Caribbean Seafood Rice  Yellow Rice Mixed Vegetables Wheat Roll Fruit  <b>29</b>