



April 2019 Caribbean HDM Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Braised Chicken White Rice Broccoli Rye Bread Chocolate Pudding 1	Chicken Sausage w/Peppers & Onions Yucca Mixed Vegetables Wheat Roll Fruit 2	Arroz con Camarones (Shrimp) Yellow Rice Plantains Wheat Bread Fruit 3	Oxtails w/Sauce Mashed Potatoes Corn with Red Peppers Italian Bread Fruit 4	Cod w/Stewed Tomatoes Rice and Beans Carrots Wheat Roll Fruit 5
Fried Pork w/Linguica & Onions White Rice & Lentils Green Peas Rye Bread Sugar Free Jell-O 8	Dominican Style Roast Turkey Plantains Black Beans & Corn Snack Loaf Fruit 9	Baked Pork Chop w/ Gravy Mashed Potatoes Broccoli Wheat Roll Fruit 10	Chicken w/Sofrito White Rice California Blend Vegetables Wheat Bread Brownie 11	Baked Fish w/Mango Salsa Yellow Rice w/Pigeon Peas Green Beans Wheat Roll Fruit 12
Creole Chicken w/Chorizo White Rice Corn w/ Peppers Italian Bread Butterscotch Pudding 15	Slow Cooked Pork Yucca Broccoli Wheat Roll Fruit 16	Bacalao (Salt Cod) Yellow Rice Kale Greens Rye Bread Fruit 17	HOLIDAY MEAL Baked Honey Glazed Turkey-Ha Cheesy Scalloped Potatoes Carrots Cornbread Holiday Cookie 18	Creole Shrimp & Grits Grits Green Peas Italian Bread Fruit 19
Braised Beef w/Onions & Peppers Yucca Fries Broccoli Wheat Bread Sugar Free Jell-O 22	Fried Chicken w/ Okra & Mushrooms Creole Rice Carrots Wheat Roll Fruit 23	Chicken Sausage w/ Cabbage Roasted Potatoes Green Beans Wheat Bread Red Velvet Cake 24	Caribbean Seafood Rice Yellow Rice Plantains Scali Bread Fruit 25	Curried Chicken White Rice Sweet Potato Fries Scali Bread Fruit 26
White Fish Sofrito Rice and Beans Broccoli Wheat Roll Vanilla Pudding 29	BBQ Jerk Chicken Mashed Sweet Potatoes Mixed Vegetables Scali Bread Fruit 30			