



April 2019 Portuguese HDM

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken with Spinach White Rice & Lentils Broccoli Rye Bread Chocolate Pudding <b style="float: right;">1	Peri Peri Chicken (Portuguese Chicken) Mashed Sweet Potatoes Collard Greens Scali Bread Fruit <b style="float: right;">2	Filetes de Peixe Gato (Fried Catfish) Yellow Rice w/Pigeon Peas Green Peas Whole Grain Roll Oatmeal Cookie <b style="float: right;">3	Garlic Pork Yucca Corn with Red Peppers Wheat Bread Fruit <b style="float: right;">4	Bolinhos de Bacalhau (Salt Cod Fritters) Yellow Rice w/Pigeon Peas Carrots Wheat Roll Fruit <b style="float: right;">5
Creole Chicken w/Chorizo White Rice Green Peas Italian Bread Vanilla Pudding <b style="float: right;">8	Escalopes de Porco a Casa (Fried Pork & Linguica) Mashed Potatoes California Blend Vegetables Wheat Roll Fruit <b style="float: right;">9	Feijoda w/Pork White Rice Kale Greens Rye Bread Fruit <b style="float: right;">10	HOLIDAY MEAL Corned Beef & Cabbage Boiled Potatoes Carrots Soda Bread Holiday Cookie <b style="float: right;">11	Caril de Camarao (Curry Shrimp) Coconut Lime Rice Green Beans w/Red Peppers Italian Bread Fruit <b style="float: right;">12
Moorish Chicken Mashed Potatoes Carrots Wheat Bread Butterscotch Pudding <b style="float: right;">15	Shrimp & Eggplant Bake White Rice Broccoli Wheat Roll Fruit <b style="float: right;">16	Portuguese Style Roast Turkey Mashed Potatoes Mixed Vegetables Wheat Bread Brownie <b style="float: right;">17	Alcatra (Portuguese Beef Stew) White Rice Corn with Red Peppers Rye Bread Fruit <b style="float: right;">18	Portuguese Baked Fish White Rice & Lentils Green Peas Scali Bread Fruit <b style="float: right;">19
Fried Chicken w/Tomatoes & Cabbage Yellow Rice Broccoli Wheat Roll Vanilla Pudding <b style="float: right;">22	Braised Beef & Vegetables Rice and Beans Mashed Sweet Potatoes Scali Bread Fruit <b style="float: right;">23	Cachupa Rica (Cape Verde Sausage Stew) White Rice Corn with Red Peppers Rye Bread Fruit <b style="float: right;">24	Carne Asada (Beef) Mashed Potatoes Green Beans Wheat Bread Carrot Cake <b style="float: right;">25	Camarao com Molho d'Alho (Shrimp w/Garlic Sauce) Yellow Rice Mixed Vegetables Wheat Roll Fruit <b style="float: right;">26
Chicken with Spinach White Rice & Lentils Broccoli Rye Bread Chocolate Pudding <b style="float: right;">29	Peri Peri Chicken (Portuguese Chicken) Mashed Sweet Potatoes Collard Greens Scali Bread Fruit <b style="float: right;">30			