



May 2019 Caribbean HDM Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	Creamy Cajun Chicken Rice and Beans Green Beans w/Red Peppers Wheat Bread Fruit <b style="text-align: right;">1	Dominican Style Roast Turkey Plantains California Blend Vegetables Rye Bread Fruit <b style="text-align: right;">2	Baked Fish w/Mango Salsa White Rice Carrots Wheat Roll Fruit <b style="text-align: right;">3
Creole Chicken w/Chorizo White Rice & Lentils Broccoli Rye Bread Sugar Free Jell-O <b style="text-align: right;">6	BBQ Jerk Pork Ribs Mashed Sweet Potatoes Collard Greens Scali Bread Fruit <b style="text-align: right;">7	Locrio con Pollo (Rice w/Chicken) Plantains Whole Grain Roll Oatmeal Cookie <b style="text-align: right;">8	Braised Chicken Yucca Mixed Vegetables Rye Bread Fruit <b style="text-align: right;">9	Bolinhos de Bacalhau (Salt Cod Fritters) Yellow Rice w/Pigeon Peas Carrots Wheat Bread Fruit w/Lemon <b style="text-align: right;">10
Chicken w/Sofrito White Rice Green Peas Italian Bread Vanilla Pudding <b style="text-align: right;">13	Slow Cooked Pork w/Peach Salsa Mashed Potatoes California Blend Vegetables Fruit Wheat Roll <b style="text-align: right;">14	Curried Chicken White Rice Kale Greens Rye Bread Fruit <b style="text-align: right;">15	Pork Tacos w/Cilantro Lime Coleslaw Whole Grain Soft Tortilla Corn with Red Peppers Brownie <b style="text-align: right;">16	Caribbean Shrimp w/Pineapple Salsa Coconut Lime Rice Green Beans w/Red Peppers Italian Bread Fruit <b style="text-align: right;">17
Stewed Lamb Mashed Potatoes Carrots Wheat Bread Sugar Free Jell-O <b style="text-align: right;">20	Chicken Sausage w/ Cabbage White Rice Broccoli Wheat Roll Fruit <b style="text-align: right;">21	Cod w/Stewed Tomatoes Rice and Beans Mixed Vegetables Wheat Bread Fruit <b style="text-align: right;">22	HOLIDAY MEAL Hot Dog (Beef) White Hot Dog Bun Baked Beans Vegetable Medley Holiday Cookie Ketchup & Mustard <b style="text-align: right;">23	White Fish Sofrito White Rice & Lentils Green Peas Scali Bread Fruit <b style="text-align: right;">24
Memorial Day! <b style="text-align: right;">27	Bacalao (Salt Cod) Roasted Potatoes Broccoli Wheat Bread Fruit <b style="text-align: right;">28	BBQ Jerk Chicken Mashed Sweet Potatoes Corn w/ Peppers Rye Bread Carrot Cake <b style="text-align: right;">29	Braised Beef w/Onions & Peppers California Blend Vegetables White Rice Fruit Wheat Roll <b style="text-align: right;">30	Caribbean Seafood Rice Yellow Rice Mixed Vegetables Wheat Bread Fruit <b style="text-align: right;">31