



May 2019 Portuguese HDM

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	Filetes de Peixe Gato (Fried Catfish) Yellow Rice w/Pigeon Peas Green Beans w/Red Peppers Wheat Bread Fruit <div style="text-align: right;">1</div>	Garlic Pork Mashed Potatoes Plantains Rye Bread Fruit <div style="text-align: right;">2</div>	Portuguese Style Roast Turkey White Rice Carrots Snack Loaf Fruit <div style="text-align: right;">3</div>
Moorish Chicken White Rice & Lentils Broccoli Rye Bread Sugar Free Jell-O <div style="text-align: right;">6</div>	Escalopes de Porco a Casa (Fried Pork & Linguica) White Rice & Lentils Roasted Sweet Potato Scali Bread Fruit <div style="text-align: right;">7</div>	Cachupa Rica (Cape Verde Sausage Stew) White Rice Plantains Wheat Roll Oatmeal Cookie <div style="text-align: right;">8</div>	Chicken w/Garlic Sauce White Rice Mixed Vegetables Wheat Bread Rye Bread <div style="text-align: right;">9</div>	Feijoda w/Pork Yellow Rice Carrots Wheat Bread Fruit <div style="text-align: right;">10</div>
Creole Chicken w/Chorizo White Rice Green Peas Scali Bread Vanilla Pudding <div style="text-align: right;">13</div>	Cod w/Stewed Tomatoes Roasted Potatoes California Blend Vegetables Wheat Roll Fruit <div style="text-align: right;">14</div>	Carne Asada (Beef) White Rice Kale Greens Rye Bread Fruit <div style="text-align: right;">15</div>	Chicken with Spinach Rice and Beans Corn with Red Peppers Wheat Bread Brownie <div style="text-align: right;">16</div>	Braised Beef w/Polenta Green Beans w/Red Peppers Scali Bread Fruit <div style="text-align: right;">17</div>
Fried Chicken w/Tomatoes & Cabbage Mashed Potatoes Carrots Whole Grain Bread Sugar Free Jell-O <div style="text-align: right;">20</div>	Caril de Camarao (Curry Shrimp) Creole Rice Broccoli Wheat Roll Fruit <div style="text-align: right;">21</div>	Pataniscas de Bacalhau (Codfish Cakes) Rice and Beans Mixed Vegetables Wheat Bread Fruit <div style="text-align: right;">22</div>	HOLIDAY MEAL Hot Dog (Beef) White Hot Dog Bun Baked Beans Vegetable Medley Holiday Cookie Ketchup & Mustard <div style="text-align: right;">23</div>	Chicken Sausage w/Peppers & Onions White Rice Sweet Potato Fries Snack Loaf Fruit <div style="text-align: right;">24</div>
Memorial Day! <div style="text-align: right;">27</div>	Peri Peri Chicken (Portuguese Chicken) Roasted Potatoes Broccoli Wheat Bread Fruit <div style="text-align: right;">28</div>	Bifes de Cebolado (Beef & Onions) Yellow Rice w/Pigeon Peas Mashed Sweet Potatoes Rye Bread Carrot Cake <div style="text-align: right;">29</div>	Portuguese Baked Fish White Rice California Blend Vegetables Wheat Roll Fruit <div style="text-align: right;">30</div>	Pastel de Tuna Yellow Rice Mixed Vegetables Wheat Bread Fruit <div style="text-align: right;">31</div>