



August 2019 Portuguese HDM

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	Garlic Pork Mashed Potatoes Mixed Vegetables Fruit Wheat Roll 1	Caril de Camarao (Curry Shrimp) White Rice Carrots Wheat Bread Fruit 2
Creole Chicken w/Chorizo White Rice Green Peas Rye Bread Chocolate Pudding 5	Escalopes de Porco a Casa (Fried Pork & Linguica) White Rice & Lentils Plantains California Blend Vegetables Wheat Bread Fruit 6	Cod w/Stewed Tomatoes White Rice Kale Greens Rye Bread Brownie 7	Moorish Chicken White Rice Vegetable Medley Wheat Bread Fruit 8	Braised Beef w/Polenta Green Beans w/Red Peppers Scali Bread Fruit 9
Fried Chicken w/Tomatoes & Cabbage Mashed Potatoes Carrots Italian Bread Sugar Free Jell-O 12	Bacalao (Salt Cod) Creole Rice Plantains Wheat Roll Fruit 13	Carne Asada (Beef) Rice and Beans Mixed Vegetables Rye Bread Fruit 14	Feijoda w/Pork Yellow Rice Beets & Greens Wheat Roll Fruit 15	Chicken Sausage w/Peppers & Onions White Rice Green Peas Italian Bread Fruit 16
Portuguese Lamb in Red Wine Yellow Rice Broccoli Wheat Bread Butterscotch Pudding 19	Peri Peri Chicken (Portuguese Chicken) Roasted Potatoes Carrots Wheat Roll Fruit 20	Bifes de Cebolado (Beef & Onions) Yellow Rice w/Pigeon Peas California Blend Vegetables Snack Loaf Fruit 21	Portuguese Baked Fish White Rice Plantains Mixed Vegetables Rye Bread Fruit 22	Pastel de Tuna Yellow Rice Scali Bread Fruit 23
Camarao com Molho d'Alho (Shrimp w/Garlic Sauce) White Rice & Lentils Broccoli Wheat Bread Sugar Free Jell-O 26	Chicken with Spinach White Rice Mixed Vegetables Scali Bread Fruit 27	Cachupa Rica (Cape Verde Sausage Stew) Yellow Rice Plantains Wheat Roll Fruit 28	HOLIDAY MEAL Lemon Herb Salmon Vegetable Couscous Mixed Vegetables Scali Bread Carrot Cake 29	Pataniscas de Bacalhau (Codfish Cakes) Rice and Beans Beets & Greens Wheat Roll Fruit 30