


Monday	Tuesday	Wednesday	Thursday	Friday
				1 Shrimp Fried Rice w/ Egg, Red Peppers & Peas Cucumber Salad Dinner Roll/Margarine Banana
4	5	6	7	8
Cream of Vegetables	BBQ pork Ribs	Breaded Tilapia	Al pastor Tacos	Mexican Pork Tamales
Beef Milanese	Mashed Potato	Rice w/ vegetables	w/ Cilantro and Onions	Pinto Beans
Baked Potato w/ sour cream	Grilled Squash	Green Beans Salad	Radish Salad	Pico de Gallo
White Sliced Bread	Dinner Roll/Margarine	Garlic bread	With Rice	Chips
Apple Slices	Pineapple	Mandarin	Apple Crisp	Orange Slices
11	12	13	14	15
	Cuban Food Beef Ropa Vieja w/ Cilantro and Onions Yellow Rice w/ Vegetables Cucumber Salad w/ Tomatoes Grapes	Cream of Broccoli Soup Carne Asada Spaghetti w/Butter Oatmeal Cookies with raisins	Pork Quesadillas Shredded Lettuce & Tomatoes w/ Sour Cream & Fresh Cheese Refried Beans Mandarin	Kung Pao Chicken with Veggies Green Peas with Butter Honey Wheat Fruit Cocktail
18	19	20	21	22
Baken Chicken	Pupusas W/ pork & cheese	Meatloaf	Creamy Lentil Soup	Teriyaki Chicken
Potatoes Au Gratin	Cabbage Salad	Macaroni and Cheese	W/ Shredded Chicken	w/ Broccoli
Corn Casserole	Black Beans w/ onions, tomato and cilantro	Steamed Green Beans	White Rice	Noodles
Dinner Rolls	Orange	Sliced Bread	Green Salad	Sauteed Sweet Corn w/ Red Pepper & Cilantro
Mix Fruit		Apple Slices	Multigrain Bread	Mandarin
			Pineapple	
25	26	27	28	29
Baked Turkey Mashed Potatoes and Gravy Stuffing Green Bean Casserole Pumpkin Pie 		Chicken Tinga Tostadas Lettuce, Tomato, Sour Cream Refried Beans Banana		

PLEASE NOTE: THESE MEALS MAY CONTAIN THE FOLLOWING ALLERGENS \* Peanuts \* Tree Nuts \* Seafood \* Shellfish \* Soy \* Eggs \* Milk \* Wheat \* Sesame.