

# Haitian Menu *April*

| Monday 1st   | Tuesday 2nd  | Wednesday 3rd  | Thursday 4th   | Friday 5th  |
|--|--|--|--|---|
| <p>Curried Chicken<br/>Mayi Moulén (cornmeal)<br/>Collard Greens<br/>Dinner Roll<br/>Pear<br/>Milk<br/><b>(cal) 826 (Na) 762</b></p>             | <p>Haitian Meatballs<br/>Spaghetti<br/>Steamed Carrots<br/>Fruit Cup<br/>Whole Grain Bread<br/>Milk<br/><b>(cal) 864 (Na) 725</b></p>      | <p>Blackened Tilapia with Mango<br/>Salsa<br/>Yellow Rice and Zucchini<br/>Dinner Roll<br/>Pound Cake<br/>Milk<br/><b>(cal) 895 (Na) 735</b></p> | <p>Macaroni Au Gratin<br/>Roast Broccoli<br/>Pineapple Cake<br/>Whole Grain Bread<br/>Milk<br/><b>(cal) 960 (Na) 1064</b></p>    | <p>Oven Fried Chicken<br/>Baked Sweet Potato<br/>Succotash<br/>Haitian Corn Bread<br/>Orange<br/>Milk<br/><b>(cal) 925 (Na) 985</b></p>       |
| Monday 8th   | Tuesday 9th  | Wednesday 10th   | Thursday 11th  | Friday 12th   |
| <p>Creole Cod<br/>Spanish Rice<br/>Asparagus<br/>Dinner Roll<br/>Cake<br/>Milk<br/><b>(cal) 796 (Na) 891</b></p>                                 | <p>Smoke Pulled Turkey<br/>Peas and Onions<br/>Baked Potato<br/>Whole Grain Bread<br/>Pineapple<br/>Milk<br/><b>(cal) 724 (Na) 681</b></p> | <p>Haitian Lasagna<br/>Stewed Tomato<br/>Dinner Roll<br/>Apple Sauce<br/>Milk<br/><b>(cal) 755 (Na) 1105</b></p>                                 | <p>Braised Chicken<br/>Vegetable Potato Medley<br/>Whole Grain Bread<br/>Cookie<br/>Milk<br/><b>(cal) 774 (Na) 753</b></p>       | <p>Haitian Spaghetti<br/>With Peppers and Onion<br/>Roast Mushrooms<br/>Dinner Roll<br/>Fruit Cup<br/>Milk<br/><b>(cal) 742 (Na) 562</b></p>  |
| Monday 15th  | Tuesday 16th   | Wednesday 17th   | Thursday 18th  | Friday 19th   |
| <p><b>Patriots Day</b></p>   | <p>Chicken Jambalaya<br/>Yellow Rice<br/>Steamed Broccoli<br/>Whole Grain Bread<br/>Jello<br/>Milk<br/><b>(cal) 900 (Na) 543</b></p>       | <p>Ze ak bannann<br/>Haitian Eggs and Plantain<br/>Homefries<br/>Dinner Roll<br/>Peaches<br/>Milk<br/><b>(cal) 898 (Na) 477</b></p>              | <p>Haitian Beef and Vegetable Stew<br/>Mashed Potato<br/>Whole Grain Bread<br/>Banana<br/>Milk<br/><b>(cal) 781 (Na) 597</b></p> | <p>Haitian Grilled Chicken<br/>Sweet Potato<br/>Sauteed Okra<br/>Dinner Roll<br/>Clementine<br/>Milk<br/><b>(cal) 875 (Na) 868</b></p>        |
| Monday 22nd  | Tuesday 23rd   | Wednesday 24th   | Thursday 25th  | Friday 26th   |
| <p>Beef with Peppers and Onions<br/>Baked Potato<br/>Dinner Roll<br/>Pudding<br/>Milk<br/><b>(cal) 715 (Na) 526</b></p>                          | <p>Jerk Chicken<br/>Steamed Rice<br/>Asparagus<br/>Mixed Fruit<br/>Whole Grain Bread<br/>Milk<br/><b>(cal) 748 (Na) 778</b></p>            | <p>Haitian Beef Kabob<br/>Collard Greens<br/>Sweet Potato<br/>Dinner Roll<br/>Pear<br/>Milk<br/><b>(cal) 798 (Na) 655</b></p>                    | <p>Baked Salmon Epis<br/>Spanish Rice<br/>Carrots<br/>Whole Grain Bread<br/>Orange<br/>Milk<br/><b>(cal) 780 (Na) 676</b></p>    | <p>Poul Nan Sos<br/>Chicken and Sauce<br/>Mashed Potato and Roast Tomato<br/>Dinner Roll<br/>Cake<br/>Milk<br/><b>(cal) 934 (Na) 1228</b></p> |
| Monday 29th  | Tuesday 30th   | Wednesday  | Thursday   | Friday  |
| <p>Haitian Pate (Beef Patty)<br/>Black Bean Sauce<br/>Peas and Onions<br/>Dinner Roll<br/>Pineapple<br/>Milk<br/><b>(cal) 1145 (Na) 1094</b></p> | <p>Mango Mahi Mahi<br/>Fried Plantains<br/>Roast Potato<br/>Whole Grain Bread<br/>Mixed Fruit<br/>Milk<br/><b>(cal) 888 (Na) 724</b></p>   |  |  |   |