

Haitian Menu

December

Monday	Tuesday	Wednesday	Thursday	Friday 1st
				Haitian Chicken Fritters Pikliz (pickled cabbage) Rice and Beans Dinner Roll Pears Milk (cal) 827 (Na) 957
Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th
Haitian Meatballs and Pasta Peppers Onion Marinara Roast Carrots Dinner Roll Clementine Milk (cal) 870 (Na) 692	Jerk Chicken Black Eyed Peas Collard Greens Whole Grain Bread Fruit Cup Milk (cal) 702 (Na) 913	Baked Salmon Epis Fried Plantains Cauliflower Dinner Roll Peaches Milk (cal) 818 (Na) 413	Macaroni Au Gratin Roast Tomato Whole Grain Bread Pudding Milk (cal) 895 (Na) 1088	Oven Fried Chicken Sweet Potato Zucchini Haitian Corn Bread Apple Sauce Milk (cal) 847 (Na) 978
Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th
Haitian Pate (Beef Patty) Black Bean Sauce Sautéed Okra Dinner Roll Fruit Cup Milk (cal) 1152 (Na) 1149	Chicken Jambalaya Steamed Rice Mixed Vegetables Whole Grain Bread Cake Milk (cal) 916 (Na) 791	Creole Cod Spanish Rice Summer Squash Dinner Roll Mixed Fruit Milk (cal) 709 (Na) 671	Haitian Beef and Vegetable Stew Mashed Potato Whole Grain Bread Jello Milk (cal) 776 (Na) 611	Braised Chicken Corn and Collard Greens Black Mushroom Rice Dinner Roll Peaches Milk (cal) 811 (Na) 796
Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd
Meatloaf with Gravy Roast Vegetables Acorn Squash Dinner Roll Orange Milk (cal) 940 (Na) 736	Chicken Gumbo Yellow Rice Steamed Carrots Whole Grain Bread Pears Milk (cal) 827 (Na) 702	Carved Turkey with Gravy Green Beans Mashed Potato Dinner Roll Apple Crisp Milk (cal) 996 (Na) 915	Haitian Legume Eggplant Stew Roast Potato Whole Grain Bread Pineapple Milk (cal) 778 (Na) 1007	Mango Mahi Mahi Fried Plantains Roast Potato Dinner Roll Pudding Milk (cal) 922 (Na) 783
Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29 th
Merry Christmas	Haitian Spaghetti and Meat Sauce With Peppers and Onion Broccoli Whole Grain Bread Banana Milk (cal) 745 (Na) 512	Carribean Fish Stew Mixed Vegetables Yellow Rice Dinner Roll Cake Milk (cal) 1105 (Na) 824	Haitian Lasagna Roast Tomato Whole Grain Bread Pineapple Milk (cal) 862 (Na) 920	Poul Nan Sos Chicken and Sauce Roast Potato & Asparagus Dinner Roll Brownie Milk (cal) 1083 (Na) 1046