

Haitian Menu

February

Monday	Tuesday	Wednesday 1st	Thursday 2nd	Friday 3rd
		Haitian Lasagna Green Beans Dinner Roll Banana Milk (cal)802 (Na)737	Curried Cod Spanish Rice Steamed Carrots Whole Grain Bread Pears Milk (cal)768 (Na)708	Blackened Pulled Turkey Mashed Sweet Potato Vegetable Medley Dinner Roll Cookie Milk (cal)728 (Na)673
Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th
Jerk Chicken Rice and Beans Roast Zucchini Dinner Roll Fruit Cup Milk (cal) 754 (Na) 698	Grilled Salmon with Mango Salsa Fried Plantains Green Beans Whole Grain Bread Cake Milk (cal) 985 (Na) 633	Baked Macaroni Roast Broccoli Dinner Roll Peaches Milk (cal) 786 (Na)869	Haitian Chicken Shashlik With Grilled Vegetables Yellow Rice Whole Grain Bread Apple Milk (cal)823 (Na)564	Haitian Spaghetti with Meat Sauce peppers and onions Roast Tomato Dinner Roll Cookie Milk (cal) 820 (Na) 626
Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th
Haitian Pate (Beef Patty) Rice and Beans Sauteed Okra Dinner Roll Apple Sauce Milk (cal) 1169 (Na) 773	Creole Cod Sweet Potato Mixed Vegetables Whole Grain Bread Banana Milk (cal) 689 (Na) 592	Poulet Chicken (Stewed Chicken) With vegetables and potato Side of Peas and Onions Dinner Roll Orange Milk (cal)737 (Na) 1001	Braised Beef Cauliflower Rice and Beans Whole Grain Bread Cake Milk (cal) 992 (Na) 1241	Eggplant Stew With yucca, Vegetables and potatoes Spinach Dinner Roll Jello Milk (cal) 788 (Na) 963
Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th
Presidents Day	Baked Salmon Epis Fried Plantains Roast Peppers Whole Grain Bread Peaches Milk (cal) 863 (Na) 467	Braised Chicken Mayi Moulen (Cornmeal) Collard Greens Dinner Roll Pears Milk (cal) 701 (Na) 609	Boulet Haitian Meatballs Caramelized Onions, Peppers Pasta, Carrots Whole Grain Bread Orange Milk (cal) 855 (Na) 715	Haitian Gumbo Steamed Rice Corn and Collard Greens Dinner Roll Cookie Milk (cal) 875 (Na) 829
Monday 27th	Tuesday 28th	Wednesday	Thursday	Friday
Macaroni Au Gratin Broccoli Dinner Roll Fruit Cup Milk (cal) 780 (Na) 856	Poulet Aux Noix Chicken and Cashews Red Beans and Rice Whole Grain Bread Banana Milk (cal) 954 (Na) 551			