

Haitian Menu

June

Monday	Tuesday	Wednesday	Thursday 1st	Friday 2nd
			Jerk Chicken Roast Potato Vegetable Medley Whole Grain Pudding Milk (cal)819 (Na)989	Haitian Joumou Yellow Rice Dinner Roll Orange Milk (cal) 916 (Na) 438
Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th
Blackened Pulled Turkey with Cabbage Slaw and Tomato on Bulkie Roll Haitian Potato Salad Banana Milk (cal) 1019 (Na) 1184	Chicken Sausage Spanish Rice Plantains Whole Grain Bread Peaches Milk (cal) 791 (Na) 1244	Oven Fried Chicken Roast Cauliflower Garlic Potato Dinner Roll Cake Milk (cal)904 (Na)875	Haitian Beef Kabob Peppers and Onions Rice and Beans Whole Grain Bread Orange Milk (cal) 879 (Na) 726	Haitian Spaghetti with Meat Sauce peppers and onions Roast Tomato Dinner Roll Fruit Cup Milk (cal)750 (Na)551
Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th
Haitian Pate (Beef Patty) Rice and Beans Sauteed Okra Dinner Roll Apple Sauce Milk (cal) 1169 (Na) 773	Jerk Chicken Wings Baked Sweet Potato Roast Summer Squash Whole Grain Bread Banana Milk (cal) 783 (Na) 785	Boulet Haitian Meatballs Caramelized Onions, Peppers Pasta, Carrots Dinner Roll Pudding Milk (cal)899 (Na)784	Poulet Chicken (Stewed Chicken) With vegetables and potato Side of Peas and Onions Whole Grain Bread Orange Milk (cal) 762 (Na) 1072	Garden Salad with Mango and Avocado topped with Grilled Salmon/ Italian Dressing Dinner Roll Jello Milk (cal) 774 (Na) 408
Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd	Friday 23rd
	Haitian Gumbo Steamed Rice Corn and Collard Greens Whole Grain Bread Orange Milk (cal) 821 (Na) 815	Braised Chicken Mayi Moulen (Cornmeal) Collard Greens Dinner Roll Banana Milk (cal) 750 (Na) 606	Baked Salmon Epis Fried Plantains Roast Peppers Whole Grain Bread Peaches Milk (cal) 863 (Na) 467	Poulet Aux Noix Chicken and Cashews Red Beans and Rice Dinner Roll Cookie Milk (cal)999 (Na)635
Monday 26th	Tuesday 27th	Wednesday 28th	Thursday 29th	Friday 30th
Turkey Wrap with pickled onion Cajun mayo Pasta Salad Dinner Roll Apple Milk (cal) 956 (Na) 1220	Macaroni Au Gratin Steamed Broccoli Whole Grain Bread Cake Milk (cal) 895 (Na) 1064	Chicken Jambalaya W/ Vegetables and Rice Dinner Roll Pear Milk (cal) 809 (Na) 712	Curried Cod Spanish Rice Steamed Carrots Whole Grain Bread Fruit Cup Milk (cal) 791 (Na) 713	Ze ak bannann Haitian Eggs and Plantain Homefries Dinner Roll Peaches Milk (cal) 898 (Na) 477