

Haitian Menu *May*

Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th
Haitian Lasagna Green Beans Dinner Roll Banana Milk (cal)802 (Na)737	Curried Cod Spanish Rice Steamed Peas Whole Grain Bread Fruit Cup Milk (cal)840 (Na)706	Ze ak bannann Haitian Eggs and Plantain Homefries Dinner Roll Pear Milk (cal)904 (Na)477	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 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th
Blackened Pulled Turkey with Cabbage Slaw and Tomato on Bulkie Roll Haitian Potato Salad Banana Milk (cal) 1019 (Na) 1184	Blackened Swordfish with Mango Salsa, Fried Plantains Green Beans Whole Grain Bread Cake Milk (cal) 1025 (Na) 983	Oven Fried Chicken Roast Cauliflower Garlic Potato Dinner Roll Peaches Milk (cal)760 (Na)752	Braised Beef Roast Carrot Cookie Whole Grain Bread Milk (cal) 913 (Na) 1136	Haitian Spaghetti with Meat Sauce peppers and onions Roast Tomato Dinner Roll Fruit Cup Milk (cal)750 (Na)551
Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th
Haitian Pate (Beef Patty) Rice and Beans Sauted 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)924 (Na)855	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 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th
Roast Beef Wrap with pickled onion Cajun mayo Pasta Salad Dinner Roll Fruit Cup Milk (cal) 994 (Na) 1141	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	Haitian Gumbo Steamed Rice Corn and Collard Greens Whole Grain Bread Orange Milk (cal) 821 (Na) 815	Poulet Aux Noix Chicken and Cashews Red Beans and Rice Whole Grain Bread Cookie Milk (cal)1025 (Na)705
Monday 29 th	Tuesday 30 th	Wednesday 31st		
Memorial Day	Macaroni Au Gratin Roasted Tomato Whole Grain Bread Pear Milk (cal) 811 (Na) 952	Chicken Jambalaya W/ Vegetables and Rice Dinner Roll Cake Milk (cal) 809 (Na) 712		