

Haitian Menu November

Monday	Tuesday	Wednesday 1st	Thursday 2nd	Friday 3rd
		Haitian Chicken Fritters Pikliz (pickled cabbage) Rice and Beans Dinner Roll Pears Milk (cal) 827 (Na) 957	Haitian Legume Eggplant Stew Roast Potato Whole Grain Bread Pineapple Milk (cal) 778 (Na) 1007	Oven Fried Chicken Sweet Potato Zucchini Haitian Corn Bread Apple Sauce Milk (cal) 847 (Na) 978
Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th
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	Veterans Day
Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th
Haitian Pate (Beef Patty) Black Bean Sauce Sautéed Okra Dinner Roll Apple Sauce Milk (cal) 1120 (Na) 1141	Chicken Jambalaya Steamed Rice Mixed Vegetables Whole Grain Bread Banana Milk (cal) 826 (Na) 574	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 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th
Meatloaf with Gravy Mashed Sweet Potato 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	Happy Thanksgiving	Mango Mahi Mahi Fried Plantains Roast Potato Dinner Roll Pudding Milk (cal) 922 (Na) 783
Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday
Poul Nan Sos Chicken and Sauce Roast Potato & Asparagus Dinner Roll Apple Sauce Milk (cal) 781 (Na) 908	Haitian Spaghetti and Meat Sauce With Peppers and Onion Broccoli Whole Grain Bread Banana Milk (cal) 745 (Na) 512	Carribbean 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	