

# Haitian Menu

# November

Monday	Tuesday 1 <sup>st</sup>	Wednesday 2 <sup>nd</sup>	Thursday 3 <sup>rd</sup>	Friday 4 <sup>th</sup>
	Haitian Spaghetti with Meat Sauce peppers and onions Broccoli Whole Grain Bread Fruit Cup Milk	Grilled Salmon with Mango Salsa Fried Plantains Green Beans Dinner Roll Cake Milk	Haitian Gumbo Steamed Rice Corn and Collard Greens Whole Grain Bread Pears Milk	Eggplant Stew With yucca, Vegetables and potatoes Spinach Dinner Roll Banana Milk
Monday 7 <sup>th</sup>	Tuesday 8 <sup>th</sup>	Wednesday 9 <sup>th</sup>	Thursday 10 <sup>th</sup>	Friday 11 <sup>th</sup>
Curried Cod Spanish Rice Sauteed Okra Dinner Roll Apple Sauce Milk	Pot Roast w Gravy Mashed Potato Asparagus Whole Grain Bread Peaches Milk	Jerk Chicken Rice and Beans Roast Zucchini Dinner Roll Fruit Cup Milk	Boulet Haitian Meatballs Caramelized Onions, Peppers Pasta, Broccoli Whole Grain Bread Cake Milk	<b>Veterans Day</b>
Monday 14 <sup>th</sup>	Tuesday 15 <sup>th</sup>	Wednesday 16 <sup>th</sup>	Thursday 17 <sup>th</sup>	Friday 18 <sup>th</sup>
Baked Macaroni Roast Tomatoes Dinner Roll Pears Milk	Oven Fried Chicken and vegetables Carrots Yellow Rice Whole Grain Bread Pudding Milk	Haitian Pate (Beef Patty) Rice and Beans Succotash Dinner Roll Pineapple Cake Milk	Creole Cod Spanish Rice Mixed Vegetables Whole Grain Bread Banana Milk	Poulet Chicken (Stewed Chicken) With vegetables and potato Side of Peas and Onions Dinner Roll Orange Milk
Monday 21 <sup>st</sup>	Tuesday 22 <sup>nd</sup>	Wednesday 23 <sup>rd</sup>	Thursday 24 <sup>th</sup>	Friday 25 <sup>th</sup>
Braised Beef Green Beans Rice and Beans Cake Dinner Roll Milk	Baked Salmon Epis Rice and Beans Roast Peppers Whole Grain Bread Peaches Milk	Roast Turkey/ Gravy Mashed Potato Butternut Squash Cranberry Sauce Dinner Roll Apple Crisp Milk	<b>Thanksgiving</b>	Sautéed Turkey and vegetables tossed with pasta Dinner Roll Orange Milk
Monday 28 <sup>th</sup>	Tuesday 29 <sup>th</sup>	Wednesday 30 <sup>th</sup>		
Chicken Jambalaya With Vegetables and Rice Dinner Roll Pears Milk	Haitian Lasagna Steamed Carrots Whole Grain Roll Jello Milk	Poulet Aux Noix Chicken and Cashews Red Beans and Rice Dinner Roll Orange Milk		