

# Haitian Menu

# September

Monday	Tuesday	Wednesday	Thursday	Friday 1st
				Haitian Chicken Fritters Pikliz (pickled slaw) Rice and Beans Dinner Roll Pineapple Milk <b>(cal)856 (Na)953</b>
Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th
<b>Labor Day</b>	Haitian Beef Kabob Peppers and Onions Yellow Rice Whole Grain Bread Orange Milk <b>(cal)940 (Na)646</b>	Oven Fried Chicken Steamed Spinach Roast Potato Dinner Roll Jello Milk <b>(cal) 797 (Na) 1007</b>	Baked Salmon Epis Fried Plantains Cauliflower Whole Grain Bread Peaches Milk <b>(cal) 843 (Na) 484</b>	Haitian Spaghetti with Meat Sauce peppers and onions Stewed Tomato Dinner Roll Fruit Cup Milk <b>(cal)750 (Na)551</b>
Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th
Haitian Pate (Beef Patty) Black Bean Sauce Sautéed Okra Dinner Roll Apple Sauce Milk <b>(cal) 1120 (Na) 1141</b>	Jerk Chicken Baked Sweet Potato Summer Squash Whole Grain Bread Banana Milk <b>(cal) 783 (Na) 785</b>	Macaroni Au Gratin Roast Tomato Dinner Roll Cake Milk <b>(cal) 924 (Na) 1095</b>	Poulet Chicken (Stewed Chicken) With vegetables and potato Side of Peas and Onions Whole Grain Bread Orange Milk <b>(cal) 790 (Na) 777</b>	Salisbury Steak with Gravy Carrots Steamed Rice Dinner Roll Pudding Milk <b>(cal) 892 (Na) 883</b>
Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd
Beef Joumou Roast Peppers Peaches Dinner Roll Milk <b>(cal) 775 (Na) 421</b>	Curried Chicken Steamed Corn Rice and Black Mushroom Whole Grain Bread Pears Milk <b>(cal) 936 (Na) 824</b>	Pot Roast Broccoli Baked Potato Cake Milk <b>(cal) 738 (Na) 651</b>	Chicken Gumbo With roast vegetables Over rice Whole Grain Bread Banana Milk <b>(cal) 738 (Na) 587</b>	Caribbean Fish Stew Spanish Rice Dinner Roll Fruit Cup Milk <b>(cal)903 (Na)732</b>
Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th
Chicken Jambalaya W/ Vegetables and Rice Haitian Cornbread Cake Milk <b>(cal)921 (Na)1057</b>	Creole Cod Roast Tomato Mashed Potato Whole Grain Bread Brownie Milk <b>(cal) 993 (Na) 820</b>	Boulet Haitian Meatballs Caramelized Onions, Peppers Pasta, Broccoli Dinner Roll Orange Milk <b>(cal) 822 (Na) 568</b>	Braised Chicken Mayi Moulen (Cornmeal) Collard Greens Whole Grain Bread Banana Milk <b>(cal) 775 (Na) 667</b>	Ze ak bannann Haitian Eggs and Plantain Homefries Dinner Roll Peaches Milk <b>(cal) 898 (Na) 477</b>