

Latino Meals OCTOBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Baked Chicken Mashed Potatoes Steamed Broccoli	2 Spanish Chicken White Rice California Blend Mixed Veg	3 Steak and peppers White Rice California Blend Mixed Veg	4 Beef Chili and Beans White Rice Corn
7 Meat Loaf White Rice California Blend Mixed Veg	8 Chicken Taco Corn Tortillas Pico de Gallo	9 Stewed Chicken White Rice Carrots	10 Lasagna Dinner Roll California Blend Mixed Veg	11 Macaroni with Beef Dinner Roll Corn
14 Picadillo (Gr. Beef) White Rice California Blend Mixed Veg	15 Chicken fajita Peppers and Onions Flour Tortilla Mexican Rice	16 Stewed Haddock White Rice Mixed Vegetables	17 Macaroni with Beef Dinner Roll Corn	18 Roasted Pork Rice w/pigeon peas Green Beans
21 Pastelon de Papa (Potato Pie), Dinner Roll, Mixed Veg	22 Chicken Taco Corn Tortillas Pico de Gallo	23 Lasagna Dinner Roll California Blend Mixed Veg	24 Roasted Pork Rice w/Red Kidney Beans California Blend	25 Beef Chili and Beans White Rice Corn
28 Meat Loaf White Rice California Blend Mixed Veg	29 Baked Chicken Mashed Potato Steamed Broccoli	30 Steak and peppers White Rice California Blend Mixed Veg	31 Baked Haddock Yellow Rice Mixed Vegetables	

