***July***   ***Haitian Menu***

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| **Monday 1st**  | **Tuesday 2nd** | **Wednesday 3rd** | **Thursday 4th** | **Friday 5th**  |
| **Blackened Pulled Beef Sandwich****Bulkie Roll Pickled Onions****Haitian Potato Salad****Pineapple****Milk(cal) 754 (Na) 942** | **Macaroni Au Gratin****Roast Broccoli****Whole Grain Bread****Orange****Milk(cal) 818 (Na) 865** | **Blackened Tilapia with Mango Salsa****Yellow Rice and Zucchini****Dinner Roll****Pound Cake****Milk****(cal) 895 (Na) 735** | **Independence Day** | **Ze ak bannann****Haitian Eggs and Plantain****Homefries****Dinner Roll****Peaches****Milk****(cal) 898 (Na) 477** |
| **Monday 8th**  | **Tuesday 9th**  | **Wednesday 10th**  | **Thursday 11th**  | **Friday 12th**  |
| **Haitian Pate (Beef Patty)****Rice and Beans****Sauteed Okra** **Dinner Roll** **Apple Sauce****Milk****(cal) 1169 (Na) 773** | **Smoke Pulled Turkey****Peas and Onions****Baked Potato****Whole Grain Bread****Pineapple****Milk****(cal) 724 (Na) 700** | **Creole Cod****Spanish Rice****Asparagus****Dinner Roll****Cake****Milk****(cal) 796 (Na) 891** | **Braised Chicken****Vegetable Potato Medley****Whole Grain Bread****Cookie****Milk****(cal) 879 (Na) 839** | **Haitian Spaghetti** **With Peppers and Onion****Roast Mushrooms****Dinner Roll****Fruit Cup****Milk****(cal) 742 (Na) 562** |
| **Monday 15th**  | **Tuesday 16th**  | **Wednesday 17th**  | **Thursday 18th**  | **Friday 19th**  |
| **Chicken Jambalaya****Yellow Rice****Steamed Broccoli****Dinner Roll****Jello****Milk****(cal) 891(Na) 539** | **Garden Salad/ Grilled Salmon****Mango Salsa/Italian Dressing****Whole Grain Bread****Pear****Milk(cal) 706 (Na) 530** | **Stuffed Shells** **Marinara Sauce** **Steamed Spinach** **Pudding** **Dinner Roll** **Milk** **(cal) 722 (Na) 1067** | **Haitian Beef and Vegetable Stew****Mashed Potato****Whole Grain Bread****Banana****Milk****(cal) 781 (Na) 616** | **Haitian Grilled Chicken****Sweet Potato****Sauteed Okra****Dinner Roll****Clementine****Milk****(cal) 875 (Na) 868** |
| **Monday 22nd**  | **Tuesday 23rd**  | **Wednesday 24th**  | **Thursday 25th**  | **Friday 26th**  |
| **Haitian Meatballs****Spaghetti****Steamed Carrots****Fruit Cup****Dinner Roll****Milk****(cal) 839 (Na) 654** | **Curried Chicken****Mayi Moulen (cornmeal)****Succotash****Whole Grain Bread****Pear****Milk****(cal) 1124 (Na) 949** | **Haitian Beef Kabob****Sweet Potato****Roast Vegetables****Dinner Roll****Jello****Milk****(cal) 826 (Na) 615** | **Baked Salmon Epis****Spanish Rice****Spinach****Whole Grain Bread****Cake****Milk****(cal) 894 (Na) 906** | **Oven Fried Chicken****Baked Sweet Potato****Collard Greens****Haitian Corn Bread****Orange****Milk****(cal) 862 (Na) 1023** |
| **Monday 29th**  | **Tuesday 30th**  | **Wednesday 31st**  | **Thursday**  | **Friday**  |
| **Braised Brisket** **Mashed Potato** **Green Beans** **Dinner Roll****Cookie** **Milk** **(cal) 869 (Na) 508** | **Jerk Chicken Drumsticks****Roast Sweet Potato****Steamed Corn****Whole Grain Bread****Fruit Cup****Milk(cal) 1011 (Na) 952** | **Blackened Cod****Yellow Rice** **Steamed Broccoli** **Dinner Roll** **Orange** **Milk** **(cal) 734 (Na) 519** |  |  |