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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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** |  |  |