Week 1
August 27-31

Monday 1/4 Roasted BBQ Chicken, Seasoned Grilled Corn on the Cob, Loaded Baked Potato, Seasonal Salad
Soup – Butternut Squash, Black Bean

Tuesday Grilled White Fish w/ Tomato & Black Olive Salsa, Seasoned Potato & Sautéed Seasonal Vegetables, Mixed Green Salad
Soup – Homemade Chicken & Vegetable, Lentil

Wednesday Classic Caribbean Turkey Picadillo, White Rice, Sweet Plantains, Tostones w/ Pico de Gallo, Side Salad, Sautéed Vegetable
Soup – Cream of Potato, Black Bean

Thursday Roast Mojo Pork Loin, Island Yellow Rice, Seasonal Vegetable, Mixed Green Salad
Soup – Butternut Squash, Lentil

Friday Cheese Manicotti, Side Salad, Seasonal Vegetable, Garlic Parmesan Bread, Herb Grilled Chicken
Soup – Cream of Mushroom, Black Bean
Week 2  
Sep. 3-7

**Monday**  Classic Meatloaf w/ Mushroom Gravy, Roasted Garlic Whipped Potato & Sautéed Green Beans w/ Cherry Tomato, Mixed Green Salad  
Soup – Malanga, Green Split Pea

**Tuesday**  Fajita Style Chicken & Steak Strips, Vegetable Rice, Side Salad  
Soup – Homemade Chicken & Vegetable, Black Bean

**Wednesday**  Lemon & Herb Marinated Fish Filets, Roasted Sweet Potato, Seasonal Vegetable, Side Salad  
Soup – Garbanzo Bean, Malanga

**Thursday**  Garlic & Mojo Pork Chunks, Moros Style Rice, Seasonal Vegetable, Tostones w/ Pico de Gallo, Mixed Green Side Salad  
Soup – Red Bean, Green Split Pea

**Friday**  Traditional Pasta w/ Bolognese Sauce, Side Salad & Garlic Bread  
Soup – Green Split Pea, Malanga
Week 3
Sep. 10-14

**Monday** Baked BBQ Salmon, Wild Rice, Sautéed Corn & Peppers, Seasonal Vegetable, Side Salad
Soup-Tomato & Basil, Chicken & Vegetable

**Tuesday** Teriyaki Beef, Edamame & Vegetable Fried Rice, Crispy Egg Roll, Side Salad
Soup – Lentil, Potato & Ham

**Wednesday** Chicken Parmesan, Pasta, Garlic Parmesan Bread, Seasonal Vegetable, Caesar Salad
Soup – Cream of Broccoli, Chicken & Orzo

**Thursday** Grilled White Fish w/ Sautéed Lentils, Roasted Garlic Potato, Seasonal Vegetable, Side Salad
Soup – Butternut Squash, Tomato & Basil

**Friday** Lomo Saltado (Sautéed Beef, Onions, Peppers, Tomato w/ Soy Sauce, Butter), White Rice & Fried Sweet Plantains, Vegetable Soup – Black Bean, Potato & Ham
Week 4  
Sep. 10-14

**Monday** Fricassee of Chicken, White Rice & Fried Sweet Plantains, Side Salad,  
Soup – Lentil, Potato & Cheese

**Tuesday** Baked Ziti w/ Beef & Tomato, Ricotta, Garlic Parmesan Bread,  
Seasonal Salad, Vegetable  
Soup – Vegetable, Red Beans

**Wednesday** Crispy Fish Chunks, Seasoned Fries or Potato, Classic Cole Slaw, Fresh Tartare Sauce  
Soup – Chicken & Vegetable, Butternut Squash

**Thursday** Beef Brisket (Smoked & Grilled), Loaded Baked Potato, Corn on the Cobb, Classic Baked Beans  
Soup – Split Pea, Potato & Cheese

**Friday** Roasted Chicken, Mashed Potatoes or Seasoned Potato or Fries, Mixed Vegetables  
Soup – Lentil, Butternut Squash
Week 5
Sep. 17-21

**Monday** Chicken Vaca Frita, White Rice, Vegetables & Tostones, Roasted Sweet Plantains
Soup – Chicken & Vegetable, White Bean & Ham

**Tuesday** Crispy Fish Filet “Matacumbe” Style Sauce of Diced Tomato, Onions, Peppers, Lemon, Capers, Olive Oil, Salt & Pepper Roasted Garlic Potato, Side Salad, Seasonal Vegetable Sautee
Soup – Garbanzo Bean, Chicken & Orzo

**Wednesday** Grilled Chicken Breast, Congri (Black Beans & Rice) & Fried Sweet Plantains, Side Salad, Seasonal Vegetable
Soup – Cream of Broccoli, White Bean & Ham

**Thursday** Classic Caribbean Ox Tail, White Rice, Sweet Plantains, Tostones w/ Pico de Gallo, Side Salad, Sautéed Vegetable
Soup-Black Bean, Carrot & Curry

**Friday** Spaghetti Bolognese-Tomato Beef Sauce, Parmesan Cheese, Herbs, Mozzarella, Side Salad & Garlic Parmesan Bread, Salad
Soup – Mixed Bean, Cream of Broccoli
Week 6  

Sep. 24-28

**Monday**  
Ropa Vieja Style Shredded Beef w/ Creole Tomato Sauce, Garlic White Rice, Roasted Sweet Plantains, Side Salad, Vegetable Soup – Lentil, Butternut Squash

**Tuesday**  
Chicken w/ Mushroom Wine Sauce, Mexican Rice & Sautéed Vegetables, Crispy Tortilla Chips w/ Pico de Gallo  
Soup – Red Bean, Chicken & Cilantro Cream

**Wednesday**  
Crispy Mahi Filets, Island Yellow Rice, Seasonal Vegetable, Side Salad, Tartare Sauce  
Soup – Butternut Squash, Cream of Mushroom

**Thursday**  
Palomilla Steak w/ Peppers & Onions, Black Beans, White Rice & Tostones, Sautéed Vegetable, Side Salad  
Soup – Garbanzo Bean, Butternut Squash

**Friday**  
Crispy Fried Chicken (Legs), Grilled Sweet Corn & Roasted Vegetables, Classic Cole Slaw, Mashed Potato & Gravy  
Soup – Tomato Basil, Cream of Mushroom
Week 7  
Oct. 1-5

**Monday** Classic Italian Lasagna, Side Salad, Seasonal Vegetable, Garlic Parmesan Bread  
Soup – Lentil, Potato & Corn

**Tuesday** Sautéed Marinated Chicken Strips, Island Yellow Rice, Vegetable, Salad  
Soup – Curry Carrot, Chili

**Wednesday** Roast Mojo Pork Loin, Black Beans & Rice & Tostones  
Soup – Red Bean, Potato & Corn

**Thursday** Salisbury Steak w/ Mushroom Gravy, Roasted Garlic Mashed Potato, Side Salad, Sautéed Vegetable  
Soup – Chili, Carrot & Curry

**Friday** Grilled Corvina Fish Filets, Sautéed Lentils, Side Salad, Roasted Vegetables  
Soup – Butternut Squash, Red Bean
Week 8  
Oct. 8-12

**Monday** Churrasco Steak Sandwich w/ Seasoned Fries, Tortilla Chips w/ Pico de Gallo, Avocado Guacamole w/ Lime  
Soup – Chili, Chicken & Vegetable

**Tuesday** Chicken Breast Milanesa Style, Sautéed Potato, Vegetable, Salad, Roasted Sweet Plantains

**Wednesday** Meatballs w/ Light Tomato Gravy, Mashed Potatoes, Sautéed Spinach w/ Garlic & Onions, Side Salad  
Soup – Butternut Squash, White Bean

**Thursday** Grilled Grouper Filets w/ Various Toppings, Side Salad, Seasonal Vegetable, Island Yellow Rice, Tostones w/ Pico de Gallo  
Soup – Black Bean, Cream of Broccoli

**Friday** Build Your Own Burger (6oz) Fresh Burger, Lettuce, Tomato, Grilled Onions, Cheese, Pickles, Jalapenos served Seasoned Fries, Tortilla Chips w/ Pico de Gallo  
Soup – Garbanzo Bean, Chicken & Vegetable