

Caribbean Menu



the
workingclass

MONDAY

Lunch **Jerk Chicken** | Rice & Peas | Steamed Cabbage

Supper **Rasta Pasta with Shrimp** | Salad

TUESDAY

Lunch **Fish Escovitch** | Rice & Peas | Fried Cassava

Supper **Stewed Lentils** | Rice | Jamaican Vegetable Patties

WEDNESDAY

Lunch **Braised Oxtail** | Rice & Peas | Fried Okra

Supper **Fish Tea** | Tostones | Bun

THURSDAY

Lunch **Coconut Stewed Shrimp** | | Basmati Rice with Spinach | Cucumber Salad

Supper **Jerk Burger** | Sweet Potato Salad | Fruit Salad

FRIDAY

Lunch **Chicken, Pepper & Squash Stew** | White Rice | Fried Dumplings (Johnny Cakes)

Supper **Jerk Beef and Sweet Plantain Kabobs** | Pumpkin Rice | Kale Salad with Fruit

SATURDAY

Lunch **Caribbean Style Fried Fish with Mango Coconut Sauce** | Sauteed Sweet Potatoes | Coleslaw

Supper **Beef Soup with Pumpkin and Vegetables** | Dumplings

Menu Caribeno



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MONDAY	Lunch	Pollo Arroz con frijoles Repollo
	Supper	Pasta con Camarones Ensalada

TUESDAY	Lunch	Pescado con Escoviche Arroz con Frijoles Yuca Frita
	Supper	Estofado de Rez con Lentajas Arroz Empanadas con Verduras

WEDNESDAY	Lunch	Cola de Rez Arroz con Frijoles Okra Frita
	Supper	Sopa de Pescado Patacones Pan

THURSDAY	Lunch	Camarones en Salsa de Coco Arroz Basmati con Espinacas Ensalada de Pepinos
	Supper	Hamburguesa Ensalada de Camote Frutas

FRIDAY	Lunch	Estofada de Pollo con Chile Dulce y Ayote Arroz Blanco Pan Frito
	Supper	Pinchos de Carne con Platano Dulce Arroz con Ayote Ensalada de Kale con Frutas

SATURDAY	Lunch	Pescado al estilo aribeno con salsa de mango y coco Camote Sofrito Ensalada de Repollo
	Supper	Sopa de Rez con Calabaza y Verduras Dumplings

Latino Menu



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MONDAY

Lunch **Pork Enchiladas (Carnitas)** | Lime & Cilantro
Rice | Avocado

Supper **Mole de Olla** (Beef Soup with Chunky Vegetables)
| Rice | Refried Beans | Tortilla Chips

TUESDAY

Lunch **Tinga de Pollo (Chipotle Chicken)** | Crispy
Corn Tortillas | Rice | Beans | Lettuce, Avocado
& Radish Salad

Supper **Picadillo (Ground Beef Hash)** | Mexican Rice |
Coleslaw

WEDNESDAY

Lunch **Arroz con Pollo (Rice with Chicken)** | Black
Beans | Tomato, Cucumber and Pepper Salad |
Tortillas

Supper **Cochinita Pibil (Spicy Pulled Pork)** | Tortillas |
Mexican Rice | Toppings for Tacos

THURSDAY

Lunch **Caldo Tlapeno (Chicken Soup with Corn,
Chickpeas, Rice, Cubed Cheese)** | Burritos

Supper **Breaded Fish** | Rice | Beans | Zucchini with
Corn

FRIDAY

Lunch **Mexican Steak** | Esquites (Corn with spicy mayo
and cheese | Rice | Beans | Garden Salad

Supper **Pambazo (Chorizo and Potato Sandwich)** |
Pozole Rojo (Spicy Red Pork and Corn Soup

SATURDAY

Lunch **Sopa Azteca (Tortilla Soup with Chicken)** |
Rice | Beans | Kale Salad with Fruit

Supper **Chiles Rellenos (Stuffed Peppers)** | Rice |
Black Beans | Avocado

MENU LATINO



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LUNES

- Lunch** **Enchiladas de Carnitas** | Arroz con Culantro y
:imon | Aguacate
- Supper** **Mole de Olla** (Sopa de rez con verduras) | Arrox
| Frijoles Molidos | Tortillitas Tostadas

MARTES

- Lunch** **Tinga de Pollo** | Tostadas | Arroz | Frijoles |
Ensalada de lechuga con aguacate y rabanos
- Supper** **Picadillo (Ground Beef Hash)** | Arrox Mexicano
| Ensalada de Repollo

MIERCOLES

- Lunch** **Arroz con Pollo** | Frijoles Negros | Ensalada de
tomate, pepino y chile dulce | Tortillas
- Supper** **Cochinita Pibil** | Tortillas | Arroz Mexicano

JUEVES

- Lunch** **Caldo Tlapeno (Sopa con maiz, garbanzos,
arroz y queso)** | Burritos
- Supper** **Filet de Pescado** | Arroz | Frijoles | Calabacitas
con Elote

VIERNES

- Lunch** **Bistek Mexicano** | Esquites (Maiz arreglado) |
Arroz | Frijoles | Ensalada de Jardin
- Supper** **Pambazo (Sandwich de Chorizo y Papas)** |
Pozole Rojo (Sopa roja de puerco y maiz)

SABADO

- Lunch** **Sopa Azteca (Sopa de Tortillas y Pollo)** | Arroz
| Frijoles | Ensalada de Kale con Frutas
- Supper** **Chiles Rellenos estilo Oaxaqueños** | Arroz |
Frijoles Negros | Aguacate

Breakfast Menu



MONDAY

Rice & Beans | Scrambled Eggs | Bacon | Fried Plantains | Tortillas | Fruit

TUESDAY

Western Sandwich | Homefries | Fruit

WEDNESDAY

French Toast | Breakfast Sausage | Homefries | Fruit

THURSDAY

Pancakes | Bacon | Hashbrowns | Fruit

FRIDAY

Baked Oatmeal | Fresh Fruit with Yogurt

SATURDAY

Breakfast Burrito | Homefries | Fruit

SUNDAY

Naan Breakfast Wrap (Boiled Eggs, Ham, Cheese & Sauteed Peppers and Zucchini) | Fruit
