

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

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

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
