

# MONDAY

STEAMED COUS COUS  
 PUMPKIN SEASON RICE  
 ITAL STEW  
 BROWN STEW  
 PEPPER STEAK  
 CURRY/RUN DOWN  
 STIR FRY/VEG. CHUNKS  
 STEAM BOP CHOY

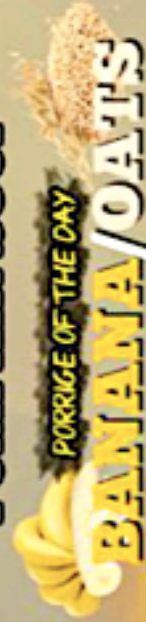
# TUESDAY

STEAM BULGAR  
 BROWN RICE & MIX VEG  
 CHOP SUEY/VEG. CHICKEN  
 BROWN STEW/VEG. CHUNKS  
 CURRY/VEG. FISH  
 SCRAMBLED TOFU  
 ITAL STEW  
 TOSSED SALAD  
 MIXED VEGETABLES

# WEDNESDAY

TURN CORN MEAL  
 RICE & PEAS  
 CURRY/RUN DOWN  
 BROWN STEW/PEPPER STEAK  
 BBQ VEG. CHICKEN  
 ITAL STEW  
 CALLALOO  
 ACKEE & VEGGIE CHUNKS  
 TOSSED SALAD

**FRY PLANTAINS**  
**FRY DUMPLINS**  
 PUMPKIN SOUP

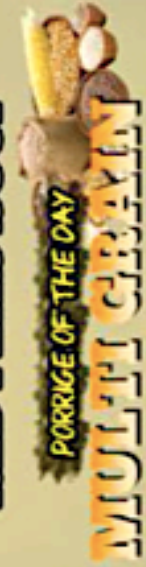


PORRIDGE OF THE DAY

**BANANA/OATS**

**THE HEALTHY SUNLIFE TOTAL HEALTH INC.**  
 4060 WHITEPLAINS RD BX NY

**FRY PLANTAINS**  
**FRY DUMPLINS**  
 RED PEAS SOUP



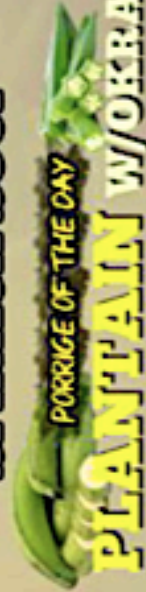
PORRIDGE OF THE DAY

**MULTI GRAIN**

CHECK OUT OUR SPECIAL NATURAL JUICE BLENDS

**LION PAW ROOTS . OKRA PUNCH**  
**PUMPKIN PUNCH . IRISH MOSS**

**FRY PLANTAINS**  
**FRY DUMPLINS**  
 SPINACH SOUP



PORRIDGE OF THE DAY

**PLANTAIN W/OKRA**

**CARROT DRINK. CUCUMBER GINGER**  
**PINAPPLE DRINK. FRUIT BLEND**  
**SORREL . STRAWBERRY MOSS**