

August 2019 - Caribbean HDM Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Totals include 125mg Na+ for 8oz of milk served daily			1 Oxtails w/Sauce Mashed Potatoes Mixed Vegetables Fruit Wheat Roll Margarine	2 Cod w/Stewed Tomatoes Rice and Beans Carrots Wheat Bread Margarine
			Cal:771 Fat:28% Na+:1139mg	Cal:900 Fat:22% Na+:561mg
5 Pork w/Onions & Linguica White Rice & Lentils Green Peas Chocolate Pudding Rye Bread Margarine	Na+ 6 351 Dominican Style Turkey 25 Plantains 0 California Veggies 120 Fruit 150 Wheat Roll 30 Margarine	Na+ 7 491 Locrio con Pollo 38 Kale Greens 22 Fruit 0 Rye Bread 180 Margarine 30	Na+ 8 189 Salmon w/ Mango Salsa 9 White Rice 0 Vegetable Medley 150 Brownie 30 Wheat Bread 30 Margarine	Na+ 9 84 Chicken Sofrito 25 Yellow Rice & Pigeon Peas 18 Green Beans w/Peppers 210 Fruit 105 Scali Bread 30 Margarine
Cal:963 Fat:36% Na+:801mg		Cal:870 Fat:26% Na+:886mg	Cal:804 Fat:28% Na+:643mg	Cal:1031 Fat:31% Na+:596mg
12 Creole Chicken w/Chorizo White Rice Carrots Sugar Free Jell-O Italian Bread Margarine	Na+ 13 312 Arroz con Camarones 25 Plantains 51 Fruit 10 Wheat Roll 175 Margarine 30	Na+ 14 187 Beef Curry 38 Polenta 0 Mixed Vegetables 180 Fruit 30 Rye Bread 30 Margarine	Na+ 15 154 Salt Cod Fritters w/Lemon 63 Rice Pilaf 66 Beets & Greens 0 Wheat Roll 150 Margarine 30	Na+ 16 149 Jambalaya 29 Yellow Rice 66 Green Peas 180 Italian Bread 30 Margarine
Cal:741 Fat:34% Na+:728mg		Cal:775 Fat:47% Na+:560mg	Cal:933 Fat:44% Na+:588mg	Cal:935 Fat:43% Na+:579mg
19 Beef w/Onions & Peppers Yucca Fries Broccoli Butterscotch Pudding Wheat Bread Margarine	Na+ 20 149 Fried Chicken 370 w/Okra & Mushrooms 0 Creole Rice 190 Carrots 105 Fruit 30 Wheat Roll & Margarine	Na+ 21 232 Roasted Pork Shoulder 26 Roasted Potatoes 0 Green Beans 0 Fruit 0 Wheat Bread 210 Margarine	Na+ 22 141 Caribbean Seafood Rice 127 Yellow Rice 0 Plantains 0 Fruit 105 Scali Bread 30 Margarine	Na+ 23 344 Curried Chicken 25 White Rice 38 Mixed Vegetables 0 Fruit 175 Snackloaf 30
Cal:838 Fat:34% Na+:969mg		Cal:786 Fat:35% Na+:593mg	Cal:719 Fat:48% Na+:528mg	Cal:715 Fat:22% Na+:699mg
26 Braised Chicken White Rice Broccoli Sugar Free Jell-O Rye Bread Margarine	Na+ 27 232 Chicken Sausage w/Onion&Pepper 25 Yucca 0 Mixed Vegetables 10 Fruit 150 Scali Bread 30 Margarine	Na+ 28 553 Jerk Chicken Drumsticks 15 Yellow Rice 0 Plantains 0 Fruit 175 Wheat Bread 30 Margarine	Na+ 29 HOLIDAY MEAL 223 Lemon Herb Salmon 25 Mashed Potatoes 38 Green Beans w/ Peppers 0 Carrot Cake 105 Scali Bread 30 Margarine	Na+ 30 105 Creamy Cajun Chicken 47 Polenta 0 Beets & Greens 200 Wheat Roll 175 Margarine 30
Cal:737 Fat:33% Na+:572mg		Cal:768 Fat:40% Na+:898mg	Cal:971 Fat:26% Na+:546mg	Cal:1062 Fat:20% Na+:682mg
				Cal:935 Fat:43% Na+:744mg