



January 2021 Caribbean HDM Menu

Totals Include 125mg Na+ for 8oz of milk served daily

Monday		Tuesday		Wednesday		Thursday		Friday		
								1 New Years Day!		
4	Curried Chicken 188 Yellow Rice 25 Kale & Corn 12 Scali Bread 175 Chocolate Pudding 120 Margarine 30 Cal:869 Fat:31% Na:675mg	5	Latin Shepherd's Pie 476 Mashed Potatoes 32 Carrots 24 Wheat Roll 180 Fruit 0 Margarine 30 Cal:740 Fat:41% Na:867mg	6	Cod w/ Stewed Tomatoes 163 Yellow Rice & Pigeon Peas 63 Broccoli 0 Scall Bread 175 Fruit 0 Margarine 30 Cal:712 Fat:18% Na:556mg	7	Chicken Kielbasa Jambalaya 378 Rice & Beans 138 California Blend Vegetables 15 Wheat Roll 180 Fruit 0 Margarine 30 Cal:735 Fat:25% Na:866mg	8	Arroz con Camarones (Shrimp) 187 Yellow Rice 25 Brussel Sprouts 20 Wheat Roll 180 Apple Loaf Cake 100 Margarine 30 Cal:854 Fat:31% Na:667mg	NA+
11	Jamaican Beef Stew 160 Yucca 15 Collard Greens 65 Scali Bread 175 Vanilla Pudding 115 Margarine 30 Cal:806 Fat:28% Na:685mg	12	High Sodium Meal Chicken Tamale 840 White Rice w/ Lentils 25 Green Beans w/ Peppers 0 Wheat Roll 180 Fruit 0 Margarine 30 Cal:805 Fat:29% Na:1200mg	13	Dominican Style Turkey 680 Rice & Beans 138 Broccoli 0 Wheat Roll 180 Fruit 0 Margarine 30 Cal:767 Fat:23% Na:1153mg	14	Holiday Meal Crispy "Fried" Chicken 183 Macaroni & Cheese 338 Collard Greens 65 Wheat Roll 180 Holiday Cookie 90 Margarine 30 Cal:1214 Fat:36% Na:1011mg	15	Pesado con Coco (Fish in Coconut Sauce) 686 Mofungo (Mashed Plantains) 22 Mashed Sweet Potatoes 39 Scali Bread 175 Fruit 0 Margarine 30 Cal:907 Fat:29% Na:1077mg	NA+
18	MLK Day!	19	Arroz con Pollo 188 Yellow Rice 25 Broccoli 0 Buttermilk Biscuit 410 Chocolate Pudding 120 Margarine 30 Cal:853 Fat:31% Na:898mg	20	Curried Beef 120 White Rice w/ Black Eyed Peas 25 Kale & Corn 12 Wheat Roll 180 Fruit 0 Margarine 30 Cal:854 Fat:29% Na:492mg	21	Chicken Sausage w/ Peppers & Onions 550 Yucca 15 Green Beans w/ Peppers 0 Wheat Roll 180 Oatmeal Cookie 90 Margarine 30 Cal:754 Fat:27% Na:990mg	22	Cheesy Shrimp & Grits with Sausage 517 Grits 16 Carrots 24 Cornbread Loaf 160 Fruit 0 Margarine 30 Cal:871 Fat:41% Na:872mg	NA+
25	Frango Asado (Brazilian Chicken) 86 Mofungo (Mashed Plantains) 22 Brussel Sprouts 20 Scali Bread 175 Vanilla Pudding 115 Margarine 30 Cal:711 Fat:17% Na:573mg	26	Haitian Stewed Chicken Drumstick 285 Black Eyed Peas & Grits 18 Broccoli w/ Peppers 0 Wheat Roll 180 Fruit 0 Margarine 30 Cal:704 Fat:28% Na:638mg	27	Caribbean Jerk Pork 455 Mashed Sweet Potatoes 39 Beets & Greens 70 Cornbread Loaf 160 Fruit 0 Margarine 30 Cal:752 Fat:33% Na:879mg	28	Braised Beef 117 Rice & Beans 138 Mixed Vegetables 18 Scali Bread 175 Fruit 0 Margarine 30 Cal:950 Fat:32% Na:603mg	29	Salmon w/ Mango Salsa 84 Yellow Rice 25 Kale w/ Peppers 12 Wheat Roll 180 Fruit 0 Margarine 30 Cal:719 Fat:21% Na:456mg	NA+

City Fresh Foods has implemented contactless delivery to ensure all parties remain safe and healthy due to COVID-19. Our HDM drivers will knock on your door or ring your doorbell and leave the meals at your door, please acknowledge them. They will not leave your meal if you do not acknowledge them.