



April 2021 Caribbean HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday		
						1	Easter Holiday Meal Honey Glazed Ham w/ Raisins 357 Scalloped Potatoes 304 Carrots 24 Wheat Roll 180 Fruit 0 Margarine 30 Cal:857 Na:1020mg	2	Pescado con Coco (Fish in Coconut Sauce) 686 Yellow Rice 25 Vegetable Medley 24 Wheat Roll 180 Mandarin Oranges 5 Margarine 30 Cal:826 Na:1075mg	1075
5	Pork Linguica w/ Onions 351 Mashed Potatoes 32 Green Beans w/ Peppers 18 Wheat Roll 180 Vanilla Pudding 130 Margarine 30 Cal:813 Na:866mg	6	Creamy Cajun Chicken 176 Roasted Potatoes 79 Mixed Vegetables 0 Scali Bread 175 Tropical Fruit Cup 0 Margarine 30 Cal:710 Na:585mg	7	Salt Cod Fritters w/ Lemon 150 Yellow Rice 25 Broccoli 0 Wheat Roll 180 Mini Caramel Cheesecake 350 Margarine 30 Cal:990 Na:860mg	8	BBQ Jerk Pork Chop 631 Yucca 15 Collard Greens 65 Scali Bread 175 Clementines 2 Margarine 30 Cal:947 Na:1043mg	9	Baked Tomato Chili Chicken 182 Yellow Rice w/ Pigeon Peas 63 Brussel Sprouts 15 Wheat Roll 180 Mandarin Oranges 5 Margarine 30 Cal:741 Na:600mg	600
12	Frango Asado (Brazilian Chicken) 89 Mofungo (Mashed Plantains) 22 Kale w/ Peppers 12 Scali Bread 175 Chocolate Pudding 135 Margarine 30 Cal:688 Na:588mg	13	Honey Jerk Shrimp & Scallops 489 White Rice 25 Broccoli 0 Wheat Roll 180 Fruit 0 Margarine 30 Cal:707 Na:849mg	14	Arroz con Carnitas (Beef) 130 Yellow Rice 25 Vegetable Medley 24 Whole Grain Cornbread 90 Tropical Fruit Cup 0 Margarine 30 Cal:903 Na:424mg	15	Cordero Guidaso (Stewed Lamb) 76 Yucca 15 Carrots 24 Scali Bread 175 Clementines 2 Margarine 30 Cal:751 Na:447mg	16	Chorizo, Chicken & Cotija Pastel w/ Lime Wedge 564 White Rice w/ Lentils 25 Mixed Vegetables 18 Wheat Roll 180 Mandarin Oranges 5 Margarine 30 Cal:948 Na:947mg	947
19	Chicken & Bean Jambalaya 357 Brown Rice 83 Kale & Corn 18 Wheat Roll 180 Vanilla Pudding 130 Margarine 30 Cal:726 Na:923mg	20	Jamaican Beef Patty 470 Black Eyed Peas & Grits 18 California Blend Vegetables 15 Wheat Roll 180 Fruit 0 Margarine 30 Cal:828 Na:838mg	21	Jerk Chicken 216 Mofungo (Mashed Plantains) 22 Broccoli 0 Scali Bread 175 Banana 0 Margarine 30 Cal:769 Na:568mg	22	Cachupa Rica 567 w/ Whole Grain Biscuit 410 Carrots 24 Tropical Fruit Cup 0 Margarine 30 Cal:686 Na:1156mg	23	Tuna Pastel w/ Lemon 418 Yellow Rice w/ Pigeon Peas 63 Green Peas 0 Snack Loaf 150 Fruit 0 Margarine 30 Cal:901 Na:786mg	786
26	Curried Beef 120 Rice & Beans 138 Collard Greens 65 Wheat Roll 180 Chocolate Pudding 135 Margarine 30 Cal:958 Na:793mg	27	Braised Chickpeas w/ Chorizo 555 Yellow Rice 25 Green Beans w/ Peppers 0 Wheat Roll 180 Peaches 4 Margarine 30 Cal:694 Na:919mg	28	Crispy Chicken w/ Mushroom Okra Sauce 507 Mashed Potatoes 32 Carrots 24 Garlic Bread 210 Double Chocolate Brownie 90 Margarine 30 Cal:826 Na:1018mg	29	Pastelon (Puerto Rican Lasagna) 225 w/ Beef & Plantains Mixed Vegetables 18 Scali Bread 175 Clementines 1 Margarine 30 Cal:728 Na:574mg	30	Pork Chop with Mango Pineapple Salsa 68 White Rice 25 Broccoli 0 Wheat Roll 180 Mandarin Oranges 5 Margarine 30 Cal:878 Na:433mg	433

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.