



May 2021 Caribbean HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday						
3	<p>High Sodium Meal</p> <p>Smoked Sausage (Chicken) w/ Peppers & Onions Yucca</p> <p>Green Beans w/ Peppers</p> <p>Wheat Roll</p> <p>Vanilla Pudding</p> <p>Margarine</p> <p>Cal:737 CHO:97g Na:1293mg</p>	NA+	4	<p>Morrish Chicken</p> <p>White Rice</p> <p>Carrots</p> <p>White Bread</p> <p>Troppical Fruit Cup</p> <p>Margarine</p> <p>Cal:715 CHO:90g Na:776mg</p>	NA+	5	<p>Cod w/ Stewed Tomatoes</p> <p>Yellow Rice</p> <p>California Blend Vegetables</p> <p>White Bread</p> <p>Key Lime Pie</p> <p>Margarine</p> <p>Cal:740 CHO:85g Na:609mg</p>	NA+	6	<p>Latin Shepherd's Pie</p> <p>Plantains</p> <p>Collard Greens</p> <p>Wheat Roll</p> <p>Pears</p> <p>Margarine</p> <p>Cal:807 CHO:80g Na:718mg</p>	NA+	7	<p>Haitian Stewed Drumstick w/ Jerk Sauce</p> <p>Black Eyed Peas & Grits</p> <p>Broccoli</p> <p>Wheat Roll</p> <p>Banana</p> <p>Margarine</p> <p>Cal:775 CHO:100g Na:848mg</p>	NA+
10	<p>Pork Linguica w/ Onions</p> <p>White Rice</p> <p>Cauliflower w/ Peppers</p> <p>White Bread</p> <p>Chocolate Pudding</p> <p>Margarine</p> <p>Cal:811 CHO:77g Na:845mg</p>	NA+	11	<p>Haitian Spaghetti (Chicken)</p> <p>Whole Grain Spaghetti</p> <p>Kale & Pepper Blend</p> <p>White Bread</p> <p>Applesauce</p> <p>Margarine</p> <p>Cal:680 CHO:88g Na:989mg</p>	NA+	12	<p>Brazilian Chicken</p> <p>Mashed Potatoes</p> <p>Green Peas</p> <p>Wheat Roll</p> <p>Fig Bar</p> <p>Margarine</p> <p>Cal:784 CHO:101g Na:452mg</p>	NA+	13	<p>Arroz con Camarones (Shrimp)</p> <p>Yellow Rice</p> <p>Green Peas</p> <p>Broccoli</p> <p>Wheat Roll</p> <p>Peach Cup</p> <p>Margarine</p> <p>Cal:700 CHO:75g Na:609mg</p>	NA+	14	<p>Caribbean Jerk Pork</p> <p>Mofungo (Mashed Plantains)</p> <p>Beets & Greens</p> <p>Wheat Roll</p> <p>Mandarin Oranges</p> <p>Margarine</p> <p>Cal:751 CHO:107g Na:1001mg</p>	NA+
17	<p>Chicken w/Chorizo Creole Sauce</p> <p>White Rice w/ Lentils</p> <p>Vegetable Medley</p> <p>White Bread</p> <p>Vanilla Pudding</p> <p>Margarine</p> <p>Cal:777 CHO:99g Na:979mg</p>	NA+	18	<p>Cordero Guisado (Stewed Lamb)</p> <p>Yucca</p> <p>Black Beans, Corn & Peppers</p> <p>Whole Grain Biscuit</p> <p>Pineapple</p> <p>Margarine</p> <p>Cal:955 CHO:115g Na:755mg</p>	NA+	19	<p>Salmon w/Mango Pineapple Salsa</p> <p>Yellow Rice w/ Pigeon Peas</p> <p>Green Beans w/ Peppers</p> <p>Wheat Roll</p> <p>Clementines</p> <p>Margarine</p> <p>Cal:684 CHO:101g Na:462mg</p>	NA+	20	<p>Curried Chicken</p> <p>Mofungo (Mashed Plantains)</p> <p>Broccoli & Peppers</p> <p>White Bread</p> <p>Fresh Banana</p> <p>Margarine</p> <p>Cal:807 CHO:104g Na:522mg</p>	NA+	21	<p>Turkey Kielbasa Jambalaya</p> <p>White Rice w/ Lentils</p> <p>Carrots</p> <p>Wheat Roll</p> <p>Mandarin Oranges</p> <p>Margarine</p> <p>Cal:689 CHO:88g Na:852mg</p>	NA+
24	<p>Dominican Chicken</p> <p>White Rice</p> <p>Brussel Sprouts</p> <p>Wheat Roll</p> <p>Chocolate Pudding</p> <p>Margarine</p> <p>Cal:695 CHO:70g Na:605mg</p>	NA+	25	<p>Creole Shrimp & Pork</p> <p>Yellow Rice w/ Black Eyed Peas</p> <p>Carrots</p> <p>Wheat Roll</p> <p>Pineapple</p> <p>Margarine</p> <p>Cal:794 CHO:86g Na:743mg</p>	NA+	26	<p>Pork & Black Bean Stew</p> <p>Mashed Potatoes</p> <p>Collard Greens</p> <p>Whole Grain Cornbread</p> <p>Clementines</p> <p>Margarine</p> <p>Cal:704 CHO:89g Na:519mg</p>	NA+	27	<p>Holiday Meal</p> <p>Hamburger on Wheat Bun</p> <p>Potato Wedges</p> <p>Green Beans w/ Peppers</p> <p>Pound Cake</p> <p>Ketchup</p> <p>Cal:913 CHO:104g Na:928mg</p>	NA+	28	<p>Pescado con Coco (Fish in Coconut Sauce)</p> <p>Yellow Rice</p> <p>Kale & Pepper Blend</p> <p>White Bread</p> <p>Pears</p> <p>Margarine</p> <p>Cal:748 CHO:81g Na:1039mg</p>	NA+
31	<p>Memorial Day - No Meal Served</p>													

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.**