



## November 2021 Caribbean HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday		
<b>1</b>	Pork & Black Bean Stew Brown Rice Vegetable Medley Whole Grain Cornbread Vanilla Pudding Margarine	<b>NA+</b>	Haitian Stewed Chicken Drumstick Yucca Carrots Wheat Bread Fruit Margarine	<b>NA+</b>	Salmon w/ Mango Salsa Yucca California Blend Vegetables Wheat Roll Fruit Fig Bar Margarine	<b>NA+</b>	Jamaican Beef Patty Sweet Potato Wedge Mixed Vegetables Wheat Roll Fruit Margarine	<b>NA+</b>	Creamy Cajun Chicken White Rice w/ Lentils Broccoli Whole Grain Cornbread Fruit Margarine	<b>NA+</b>
	175 95 24 90 130 30		407 113 30 135 0 30		143 25 36 135 35 30		470 200 31 135 0 30		355 25 6 90 0 30	
	<b>Cal:776 CHO:104g Na:669mg</b>		<b>Cal:675 CHO:77g Na:840mg</b>		<b>Cal:795 CHO:104g Na:529mg</b>		<b>Cal:831 CHO:130g Na:991mg</b>		<b>Cal:780 CHO:91g Na:631mg</b>	
<b>8</b>	Arroz con Pollo White Rice Brussel Sprouts Whole Grain Cornbread Chocolate Pudding Margarine	<b>NA+</b>	Braised Chickpeas & Chorizo Yellow Rice Broccoli Wheat Roll Fruit Margarine	<b>NA+</b>	Brazilian Chicken Rice & Pigeon Peas Green Beans w/ Peppers Whole Grain Cornbread Fruit Margarine	<b>NA+</b>	Jerk Pork Plantains Kale & Peppers Wheat Roll Fruit Margarine	<b>NA+</b>	Caribbean Beef w/ Peppers & Onions Rice and Beans Tuscan Vegetable Blend Wheat Roll Apple Crisp Margarine	<b>NA+</b>
	229 25 23 90 135 30		808 25 6 135 0 30		385 63 6 90 0 30		483 25 14 135 0 30		146 93 31 135 62 30	
	<b>Cal:794 CHO:95g Na:657mg</b>		<b>Cal:771 CHO:98g Na:1129mg</b>		<b>Cal:757 CHO:96g Na:699mg</b>		<b>Cal:762 Na:97g Na:812mg</b>		<b>Cal:927 CHO:101g Na:622mg</b>	
<b>15</b>	Morrish Chicken Roasted Red Potatoes Green Beans w/ Peppers Wheat Roll Vanilla Pudding Margarine	<b>NA+</b>	Pork Linguica w/ Onions Mashed Potatoes Carrots Wheat Roll Fruit Margarine	<b>NA+</b>	Pescado con Coco (Fish in Coconut Sauce) Yellow Rice Tuscan Vegetable Blend Wheat Roll Fruit Margarine	<b>NA+</b>	Creole Chicken w/Chorizo White Rice Mixed Vegetables Whole Grain Cornbread Fruit Margarine	<b>NA+</b>	<b>Harvest Holiday Meal - High Sodium Meal</b> Roasted Turkey with Gravy Cranberry & Herb Stuffing Brussel Sprouts Whole Grain Cornbread Oatmeal Cookie Margarine	<b>NA+</b>
	445 115 6 135 130 30		675 113 30 135 0 30		686 25 31 135 0 30		265 25 31 90 0 30		495 510 23 90 105 30	
	<b>Cal:781 CHO:79g Na:986mg</b>		<b>Cal:864 CHO:77g Na:1108mg</b>		<b>Cal:758 CHO:76g Na:1032mg</b>		<b>Cal:812 CHO:96g Na:566mg</b>		<b>Cal:754 CHO:94g Na:1378mg</b>	
<b>22</b>	Curried Chicken Rice and Beans California Blend Vegetables Whole Grain Biscuit Chocolate Pudding Margarine	<b>NA+</b>	Creole Shrimp & Pork White Rice Vegetable Medley Wheat Bread Fruit Margarine	<b>NA+</b>	Latin Shepherd's Pie w/ Beef & Plantains Broccoli Whole Grain Cornbread Fruit Margarine	<b>NA+</b>	<b>Thanksgiving</b> Roast Turkey with Gravy & Cranberry Sauce Mashed Potatoes Green Beans Wheat Roll Apple Crisp Margarine	<b>NA+</b>	Puerto Rican Lasagna w/ Beef & Plantains Carrots Whole Grain Garlic Bread Fruit Margarine	<b>NA+</b>
	150 93 36 410 135 30		375 25 24 135 0 30		382 - 6 90 0 30		501 113 6 135 62 30		244 - 30 120 0 30	
	<b>Cal:943 CHO:106g Na:979mg</b>		<b>Cal:869 CHO:95g Na:714mg</b>		<b>Cal:899 CHO:101g Na:633mg</b>		<b>Cal:756 CHO:98g Na:972mg</b>		<b>Cal:716 CHO:80g Na:549mg</b>	
<b>29</b>	Haitian Spaghetti w/ Chicken Sausage Whole Grain Pasta Broccoli Whole Grain Cornbread Vanilla Pudding Margarine	<b>NA+</b>	BBQ Jerk Chicken Drumstick Rice and Beans Vegetable Medley Whole Grain Cornbread Fruit Margarine	<b>NA+</b>						
	666 0 6 90 130 30		661 93 24 90 0 30							
	<b>Cal:757 CHO:91g Na:1047mg</b>		<b>Cal:967 CHO:132g Na:1023mg</b>							

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.**