



November 2021 Portuguese HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday	
1	NA+ Arroz con Camarones (Shrimp) 422 Brown Rice 95 Vegetable Medley 24 Whole Grain Cornbread 90 Vanilla Pudding 130 Margarine 30 Cal:895 CHO:102g Na:916mg	2	NA+ Pork Linguica w/ Onions 675 Mashed Potatoes 113 Carrots 30 Wheat Bread 135 Fruit 0 Margarine 30 Cal:874 CHO:77g Na:1108mg	3	NA+ Morrish Chicken Drumstick 519 Yellow Rice 25 California Blend vegetables 36 Wheat Roll 135 Fruit 35 Margarine 30 Cal:921 CHO:105g Na:905mg	4	NA+ Jerk Pork 483 Sweet Potato Wedges 200 Mixed Vegetables 31 Wheat Roll 135 Fruit 0 Margarine 30 Cal:798 CHO:99g Na:1004mg	5	NA+ Chorizo, Chicken & Cotija Pastel w/ Lime 659 White Rice w/ Lentils 25 Broccoli 6 Whole Grain Cornbread 90 Fruit 0 Margarine 30 Cal:1060 CHO:129g Na:935mg
8	NA+ Caribbean Beef Tips w/ Onions 147 White Rice 25 Brussel Sprouts 23 Whole Grain Cornbread 90 Chocolate Pudding 135 Margarine 30 Cal:827 CHO:92g Na:575mg	9	NA+ Brazilian Chicken 385 Yellow Rice 25 Broccoli 6 Wheat Roll 135 Fruit 0 Margarine 30 Cal:680 CHO:89g Na:707mg	10	NA+ Salmon w/ Pineapple Salsa 143 Rice & Pigeon Peas 63 Green Beans w/ Peppers 6 Whole Grain Cornbread 90 Fruit 0 Margarine 30 Cal:730 CHO:99g Na:457mg	11	NA+ Cachupa Rica w/ Fried Egg 728 Plantains 25 Kale & Peppers 14 Wheat Roll 135 Fruit 0 Margarine 30 Cal:806 CHO:94g Na:1057mg	12	NA+ Curried Chicken 149 Rice and Beans 93 Tuscan Vegetable Blend 31 Wheat Roll 135 Apple Crisp 62 Margarine 30 Cal:969 CHO:109g Na:625mg
15	NA+ Stewed Beans w/ Chicken Kielbasa 450 Roasted Red Potatoes 115 Green Beans w/ Peppers 6 Wheat Roll 135 Vanilla Pudding 130 Margarine 30 Cal:656 CHO:87g Na:991mg	16	NA+ Jamaican Beef Patty 470 Mashed Potatoes 113 Carrots 30 Wheat Roll 135 Fruit 1 Margarine 30 Cal:757 CHO:124g Na:904mg	17	NA+ Arroz con Carne Picada (Beef) 144 Yellow Rice 25 Tuscan Vegetable Blend 31 Wheat Roll 135 Fruit 0 Margarine 30 Cal:679 CHO:73g Na:490mg	18	NA+ Creamy Cajun Chicken & Shrimp 472 White Rice 25 Mixed Vegetables 31 Whole Grain Cornbread 90 Fruit 0 Margarine 30 Cal:828 CHO:98g Na:773	19	NA+ Harvest Holiday Meal - High Sodium Meal Roasted Turkey with Gravy 495 Cranberry & Herb Stuffing 510 Brussel Sprouts 23 Whole Grain Cornbread 90 Oatmeal Cookie 105 Margarine 30 Cal:754 CHO:94g Na:1378mg
22	NA+ Creole Chicken Drumstick 290 Rice and Beans 93 California Blend Vegetables 36 Whole Grain Biscuit 410 Chocolate Pudding 135 Margarine 30 Cal:1054 CHO:108g Na:1119mg	23	NA+ Dominican Style Roast Turkey 502 White Rice 25 Vegetable Medley 24 Wheat Bread 135 Fruit 0 Margarine 30 Cal:652 CHO:87g Na:841mg	24	NA+ Pastelon (Puerto Rican Lasagna) 244 w/ Beef & Plantains Broccoli 6 Whole Grain Cornbread 90 Fruit 0 Margarine 30 Cal:817 CHO:96g Na:495mg	25	NA+ Thanksgiving Roast Turkey with Gravy & Cranberry Sauce 501 Mashed Potatoes 113 Green Beans 6 Wheat Roll 135 Apple Crisp 62 Margarine 30 Cal:756 CHO:98g Na:972mg	26	NA+ Pescado con Coco (Fish in Coconut Sauce) 686 Yellow Rice 25 Carrots 30 Whole Grain Garlic Bread 120 Fruit 0 Margarine 30 Cal:760 CHO:77g Na:1016mg
29	NA+ Jerk Chicken 216 Mashed Potatoes 113 Broccoli 6 Whole Grain Cornbread 90 Vanilla Pudding 130 Margarine 30 Cal:782 CHO:84g Na:710mg	30	NA+ Curried Beef 133 Rice and Beans 93 Vegetable Medley 24 Whole Grain Cornbread 90 Fruit 0 Margarine 30 Cal:900 CHO:113g Na:495mg						

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.**