



December 2021 Portuguese HDM

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

Monday		Tuesday		Wednesday		Thursday		Friday						
				1	Jamaican Beef Patty Mashed Potatoes California Blend Vegetables Wheat Roll Fruit Margarine	NA+ 470 113 36 135 0 30	2	Haitian Stewed Chicken Drumstick Brown Rice w/ Pigeon Peas Corn w/ Peppers Whole Grain Cornbread Fruit Margarine	NA+ 337 61 6 90 0 30	3	Salmon w/ Mango Salsa White Rice Kale & Peppers Wheat Bread Chocolate Chip Cookie Margarine	NA+ 143 25 14 135 70 30		
				Cal:703 CHO:110g Na:909mg		909	Cal:822 CHO:94g Na:649mg		649	Cal:625 CHO:77g Na:542mg		542		
6	Creamy Cajun Chicken Rosemary Roasted Potatoes Broccoli Wheat Roll Warm Cinnamon Applesauce Margarine	NA+ 339 115 6 135 0 30	7	Pork & Black Bean Stew Yellow Rice Green Beans w/ Peppers Whole Grain Cornbread Cinnamon Peaches Margarine	NA+ 175 25 6 90 10 30	8	Arroz con Carne Picada Rice and Beans Carrots White Bread Fruit Margarine	NA+ 144 93 30 150 0 30	9	Brazilian Chicken Yellow Rice Brussel Sprouts Wheat Bread Chocolate Brownie Margarine	385 25 23 135 90 30	10	Braised Chickpeas w/ Chorizo White Rice & Pigeon Peas Mixed Vegetables Wheat Roll Fruit Margarine	NA+ 786 61 31 135 0 30
Cal:626 CHO:66g Na:750mg		750	Cal:721 CHO:94g Na:461mg		461	Cal:713 CHO:84g Na:572mg		572	Cal:723 CHO:90g Na:813mg		813	Cal:752 CHO:92g Na:1168mg		1168
13	Jerk Pork Mashed Potatoes California Blend Vegetables Whole Grain Cornbread Chocolate Pudding Margarine	NA+ 483 113 36 90 135 30	14	Pork Linguica w/ Onions Plantains Beets & Greens Wheat Roll Fruit Margarine	NA+ 675 25 73 135 0 30	15	Moorish Chicken Yellow Rice Mixed Vegetables Wheat Bread Banana's Foster w/ Pound Cake Margarine	NA+ 444 25 31 135 129 30	16	Caribbean Beef Tips w/ Peppers & Onions Roasted Potatoes Carrots Whole Grain Cornbread Fruit Margarine	NA+ 147 115 30 90 0 30	17	Pescado con Coco (Fish in Coconut Sauce) White Rice w/ Lentils Vegetable Medley Wheat Roll Fruit Margarine	NA+ 686 25 24 135 0 30
Cal:850 CHO:102g Na:1012mg		1012	Cal:970 CHO:96g Na:1063mg		1063	Cal:931 CHO:107g Na:919mg		919	Cal:760 CHO:81g Na:537mg		537	Cal:757 CHO:84g Na:1029mg		1025
20	Creole Chicken w/ Chorizo Mashed Potatoes Mixed Vegetables Whole Grain Cornbread Vanilla Pudding Margarine	NA+ 265 113 31 90 130 30	21	Curried Chicken Yucca Green Beans w/ Peppers Wheat Bread Fruit Margarine	NA+ 150 33 6 135 0 30	22	Creole Shrimp & Pork White Rice California Blend Vegetables Whole Grain Texas Toast Fruit Margarine	NA+ 375 25 36 120 0 30	23	Holiday Meal Baked Ham w/Raisin Sauce Mashed Sweet Potatoes Tuscan Blend Vegetables Wheat Roll Peach Crisp Margarine	NA+ 614 37 31 135 72 30	24	Latin Shepherd's Pie w/ Beef & Plantains Broccoli w/ Peppers Wheat Roll Fruit Margarine	NA+ 382 - 6 135 0 30
Cal:797 CHO:95g Na:784mg		784	Cal:738 CHO:90g Na:479mg		479	Cal:831 CHO:79g Na:711mg		711	Cal:870 CHO:121g Na:1044mg		1044	Cal:759 CHO:83g Na:678mg		678
27	Haitian Spaghetti & Chicken Sausage Whole Grain Pasta Tuscan Blend Vegetables Wheat Roll Chocolate Pudding Margarine	NA+ 665 0 31 135 135 30	28	BBQ Jerk Chicken Drumsticks Yellow Rice Broccoli Whole Grain Garlic Toast Fruit Margarine	NA+ 640 25 6 120 0 30	29	Braised Beef Caribbean Macaroni Bake Green Beans w/ Peppers Wheat Roll Cinnamon Pears Margarine	NA+ 153 323 6 135 10 30	30	Arroz con Camarones (Shrimp) White Rice w/ Lentils Kale, Corn & Peppers Wheat Bread Fruit Margarine	NA+ 422 25 14 135 0 30	31	Pastelon w/ Beef & Plantains Collard Greens Whole Grain Cornbread Oatmeal Cookie Margarine	NA+ 244 - 39 90 105 30
Cal:654 CHO:74g Na:1121mg		1121	Cal:797 CHO:106g Na:946mg		946	Cal:757 CHO:70g Na:782mg		782	Cal:764 CHO:84g Na:751mg		751	Cal:888 CHO:98g Na:633mg		633

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.