



May 2022 Caribbean HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday						
2	Haitian Stewed Chicken Drumstick Yucca Zucchini & Brussels Whole Grain Biscuit Fruit Margarine	406 33 17 135 0 30	3	Curried Beef & Vegetables Mashed Potatoes Broccoli Wheat Roll Fruit Margarine	NA+ 236 113 6 135 0 30	4	Caribbean Fish Curry Rice and Beans California Blend Vegetables Wheat Roll Mixed Fruit Margarine	NA+ 410 93 36 135 10 30	5	Creole Chicken Plantains Vegetable Medley Wheat Roll Chocolate Chip Cookie Margarine	NA+ 557 3 18 135 85 30	6	Salt Cod Fritter w/ Lemon Yellow Rice Brussel Sprouts Wheat Roll Fruit Margarine	NA+ 205 25 23 135 0 30
Cal:728 CHO:85g Na:746mg		746	Cal:687 CHO:75g Na:645mg		645	Cal:691 CHO:92g Na:839mg		839	Cal:693 CHO:90g Na:953mg		953	Cal:805 CHO:100g Na:543mg		543
9	Grilled Chicken Thigh Caribbean Macaroni & Cheese Collard Greens Wheat Bread Chocolate Pudding Margarine	NA+ 188 323 65 135 130 30	10	Pork & Kidney Bean Stew Brown Rice Green Beans Whole Grain Cornbread Fruit Margarine	NA+ 223 95 6 90 0 30	11	Caribbean Beef w/ Peppers & Onions Roasted Potatoes Vegetable Medley Snack Loaf Fruit Margarine	NA+ 147 115 18 90 0 30	12	Oven Fried Chicken Grits & Black Eyed Peas Tuscan Vegetables Wheat Roll Fruit Margarine	NA+ 149 14 17 135 0 30	13	Cod w/ Stewed Tomatoes Yellow Rice Broccoli Wheat Bread Shortbread Cookie Margarine	NA+ 479 25 6 135 150 30
Cal:691 CHO:77g Na:1072mg		996	Cal:799 CHO:111g Na:569mg		569	Cal:757 CHO:84g Na:525mg		525	Cal:734 CHO:88g Na:470mg		470	Cal:691 CHO:77g Na:950mg		950
16	Arroz con Camarones (Shrimp) White Rice Carrots Snack Loaf Fruit Margarine	NA+ 422 25 30 90 0 30	17	Brazilian Chicken Roasted Potatoes Broccoli Wheat Roll Cinnamon Pears Margarine	NA+ 86 115 6 135 10 30	18	Braised Chickpeas & Chorizo Cheesy Grits Mixed Vegetables Whole Grain Cornbread Fruit Margarine	NA+ 786 116 17 90 0 30	19	Haitian Spaghetti w/Chicken Sausage Whole Grain Pasta California Blend Vegetables Wheat Roll Oatmeal Cookie Margarine	NA+ 665 0 6 135 85 30	20	Jambalaya w/ Turkey Kielbasa Yucca Green Beans w/Peppers White Bread Fruit Margarine	NA+ 502 34 6 150 0 30
Cal:740 CHO:85g Na:722mg		722	Cal:742 CHO:95g Na:507mg		507	Cal:704 CHO:80g Na:1164mg		1164	Cal:702 CHO:100g Na:1046mg		1046	Cal:713 CHO:74g Na:754mg		847
23	Jamaican Beef Patty Sweet Potatoes Tuscan Blend Vegetables Whole Grain Cornbread Vanilla Pudding Margarine	NA+ 470 60 31 90 130 30	24	Creamy Cajun Chicken Pasta California Blend Vegetables Wheat Roll Fruit Margarine	NA+ 760 0 36 135 0 30	25	Pernil "Slow Roasted Pork" White Rice w/ Pigeon Peas Green Beans w/Peppers Wheat Bread Cinnamon Pears Margarine	NA+ 163 63 6 135 10 30	26	Holiday Meal (High Sodium Day) Hamburger Sweet Potato Tater Tots Vegetable Medley Whole Wheat Bun Chocolate Cupcake Margarine Ketchup	NA+ 500 189 18 230 210 30 85	27	Pescado con Coco Mashed Potatoes Green Peas Wheat Roll Fruit Margarine	NA+ 686 113 17 135 0 30
Cal:778 CHO:118g Na:969mg		936	Cal:703 CHO:83g Na:1086mg		1086	Cal:738 CHO:75g Na:532mg		532	Cal:787 CHO:92g Na:1387mg		1387	Cal:724 CHO:77g Na:1106mg		1106
30	<u>Sites Closed</u>	NA+	31	Caribbean Jerk Chicken White Rice w/Lentils Vegetable Medley Wheat Bread Fruit Margarine	NA+ 483 113 18 135 0 30	32		NA+		NA+				
			Cal:790 CHO:88g Na:904mg		904									

City Fresh Foods HDM Driver will be required to see someone at delivery, and will be required to inquire about client at least twice per week. No HDM is to be left without seeing someone at delivery unless client has been identified as a "No Contact Delivery" by Ethos.