



June 2022 Caribbean HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday						
				1	Caribbean Fish Curry Rice and Beans California Blend Vegetables Wheat Bread Mixed Fruit Margarine	NA+ 410 93 36 135 10 30	2	Creole Chicken Plantains Vegetable Medley Wheat Roll Chocolate Chip Cookie Margarine	NA+ 557 3 18 135 85 30	3	Salt Cod Fritter w/ Lemon Yellow Rice Brussel Sprouts Wheat Roll Pineapple Tidbits Margarine	NA+ 205 25 23 135 0 30		
					Cal:691 CHO:92g Na:839mg	839		Cal:693 CHO:90g Na:953mg	953		Cal:805 CHO:100g Na:543mg	543		
6	Grilled Chicken Thigh Caribbean Macaroni & Cheese Collard Greens Wheat Bread Chocolate Pudding Margarine	NA+ 188 323 65 135 130 30	7	Pork & Kidney Bean Stew Brown Rice Green Beans Whole Grain Cornbread Fruit Margarine	NA+ 223 95 6 90 0 30	8	Caribbean Beef w/ Peppers & Onions Roasted Potatoes Vegetable Medley Snack Loaf Fruit Margarine	NA+ 147 115 18 90 0 30	9	Jerk Chicken Drumstick Grits & Black Eyed Peas Tuscan Vegetables Wheat Roll Mixed Fruit Margarine	NA+ 480 14 17 135 10 30	10	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:811mg	811		Cal:691 CHO:77g Na:950mg	950
13	Arroz con Camarones (Shrimp) White Rice Carrots Snack Loaf Fruit Margarine	NA+ 422 25 30 90 0 30	14	Brazilian Chicken Roasted Potatoes Broccoli Wheat Roll Cinnamon Pears Margarine	NA+ 86 115 6 135 10 30	15	Braised Chickpeas & Chorizo Cheesy Grits Mixed Vegetables Hawaiian Sweet Roll Fruit Margarine	NA+ 786 116 17 80 0 30	16	Holiday Meal Oven "Fried Chicken" Black Eyed Peas Collards, Corn & Peppers Cornbread Loaf Oatmeal Cookie Margarine	NA+ 149 230 14 90 85 30	17	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:1154mg	1154		Cal:766 CHO:81g Na:723mg	723		Cal:713 CHO:74g Na:754mg	847
20	<u>Juneteenth Holiday</u>		21	Creamy Cajun Chicken Pasta California Blend Vegetables Wheat Roll Fruit Margarine	NA+ 760 0 36 135 0 30	22	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	23	Curried Beef & Vegetables Yellow Rice Vegetable Medley Wheat Bread Vanilla Cupcake Margarine	NA+ 236 25 18 135 210 30	24	Pescado con Coco Mashed Potatoes Green Peas Wheat Roll Fruit Margarine	NA+ 686 113 17 135 0 30
				Cal:703 CHO:83g Na:1086mg	1086		Cal:738 CHO:75g Na:532mg	532		Cal:707 CHO:92g Na:779mg	779		Cal:724 CHO:77g Na:1106mg	1106
27	Jamaican Beef Patty Sweet Potatoes Tuscan Blend Vegetables Whole Grain Cornbread Shortbread Cookie Margarine	NA+ 470 60 31 90 150 30	28	Caribbean Jerk Chicken White Rice w/Lentils Vegetable Medley Wheat Bread Fruit Margarine	NA+ 483 113 18 135 0 30	29	Haitian Spaghetti w/Chicken Sausage Spaghetti California Blend Vegetables Wheat Bread Mixed Fruit Margarine	NA+ 665 0 6 135 10 30	30	Tuna Pastel w/Lemon Yellow Rice w/Pigeon Peas Vegetable Medley Wheat Roll Chocolate Chip Cookie Margarine	NA+ 418 3 18 135 85 30			
	Cal:778 CHO:118g Na:969mg	956		Cal:790 CHO:88g Na:904mg	904		Cal:702 CHO:100g Na:971mg	971		Cal:825 CHO:109g Na:814mg	814			

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".