



## July 2022 Caribbean HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday						
								1	<b>Holiday Meal</b> Chili Dog 540 w/ Chili Beans (contains beef) 218 Zucchini & Squash 9 Wheat Hot Dog Bun 300 Peaches 0 Ketchup 85 Margarine 30 <b>Cal:845 CHO:85g Na:1307mg</b>	NA+				
4	<b>Holiday - No Meal</b>	5	Haitian Stewed Chicken Drumstick 338 Yucca 33 Broccoli 6 Wheat Roll 135 Fruit 0 Margarine 30 <b>Cal:723 CHO:86g Na:667mg</b>	NA+	6	Curried Beef & Vegetables 140 Mashed Potatoes 113 California Blend Vegetables 36 Wheat Bread 135 Pudding 130 Margarine 30 <b>Cal:680 CHO:75g Na:709mg</b>	NA+	7	Arroz con Camarones (Shrimp) 422 White Rice 25 Vegetable Medley 18 Wheat Roll 135 Chocolate Chip Cookie 70 Margarine 30 <b>Cal:764 CHO:78g Na:825mg</b>	NA+	8	Creole Chicken 596 Plantains 3 Brussel Sprouts 23 Wheat Bread 135 Fruit 0 Margarine 30 <b>Cal:711 CHO:86g Na:912mg</b>	NA+	
11	Salt Cod Fritter w/ Lemon 205  Yellow Rice 25 Collard Greens 40 Wheat Bread 135 Fruit 0 Margarine 30 <b>Cal:805 CHO:109g Na:560mg</b>	NA+	12	Grilled Chicken Thigh 87  Caribbean Macaroni & Cheese 323 Green Beans 6 Whole Grain Cornbread 90 Fruit 0 Margarine 30 <b>Cal:940 CHO:96g Na:661mg</b>	NA+	13	<b>Cold Meal</b> Tuna in Olive Oil, Onions, Peppers, Chickpeas & Hard Boiled Egg 250 Rice & Pigeon Pea Salad 63 Cilantro Lime Coleslaw 70 Wheat Roll 135 Homemade Banana Pudding 121 Margarine 30 <b>Cal:787 CHO:94g Na:794mg</b>	NA+	14	Braised Chickpeas & Chorizo 786  White Rice w/ Lentils 25 Mixed Vegetables 18 Wheat Roll 135 Fruit 0 Margarine 30 <b>Cal:750 CHO:97g Na:1119mg</b>	NA+	15	Caribbean Beef w/ Peppers & Onions 147  Roasted Potatoes 152 Broccoli 6 Wheat Bread 135 Shortbread cookie 150 Margarine 30 <b>Cal:820 CHO:72g Na:745mg</b>	NA+
18	Oven Fried Chicken 149 Grits & Black Eyed Peas 14 Carrots 32 Snack Loaf 150 Fruit 0 Margarine 30 <b>Cal:817 CHO:86g Na:500mg</b>	NA+	19	Caribbean Fish Curry 410 Rice & Beans 93 Broccoli 6 Wheat Roll 135 Chocolate Cupcake 210 Margarine 30 <b>Cal:718 CHO:88g Na:1009mg</b>	NA+	20	Haitian Spaghetti w/ Chicken Sausage 665 Whole Grain Pasta 0 Mixed Vegetables 17 Whole Grain Cornbread 90 Fruit 0 Margarine 30 <b>Cal:721 CHO:94g Na:927mg</b>	NA+	21	Latin Shepherd's Pie w/ Beef & Plantains 202 Vegetable Medley 18 Wheat Bread 135 Fruit 0 Margarine 30 <b>Cal:704 CHO:85g Na:510mg</b>	NA+	22	Brazilian Chicken 544 Roasted Potatoes 152 Green Beans w/Peppers 6 White Bread 150 Cinnamon Pears 10 Margarine 30 <b>Cal:703 CHO:79g Na:1017mg</b>	NA+
25	Jambalaya w/ Turkey Kielbasa 502  Yucca 34 Mixed Vegetables 18 Wheat Roll 135 Vanilla Pudding 130 Margarine 30 <b>Cal:690 CHO:85g Na:974mg</b>	NA+	26	<b>Cold Meal</b> Shrimp & Scallop Ceviche w/ Tomato, Onion, Cilantro over Spinach 253 Lentils & White Rice 25 Black Eyed Pea Salad 20 Whole Grain Cornbread 90 Fruit 0 Margarine 30 <b>Cal:861 CHO:125g Na:543mg</b>	NA+	27	Jamaican Beef Patty 470  Sweet Potatoes 37 Carrots 32 Wheat Bread 135 Cinnamon Pears 10 Margarine 30 <b>Cal:760 CHO:126g Na:839mg</b>	NA+	28	Creamy Cajun Chicken 805  Pasta 0 Green Peas 6 Whole Grain Cornbread 90 Oatmeal Cookie 105 Margarine 30 <b>Cal:833 CHO:89g Na:1161mg</b>	NA+	29	Pernil "Slow Roasted Pork" 163  Brown Rice w/ Pigeon Peas 61 California Blend Vegetables 36 Wheat Roll 135 Fruit 0 Margarine 30 <b>Cal:728 CHO:74g Na:550mg</b>	NA+

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.