



July 2022 Portuguese 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	Caribbean Fish Curry 410 Yucca 33 Broccoli 6 Wheat Roll 135 Fruit 0 Margarine 30 <b>Cal:662 CHO:92g Na:739mg</b>	NA+	6	Creole Chicken 596 Mashed Potatoes 113 California Blend Vegetables 36 Wheat Bread 135 Pudding 130 Margarine 30 <b>Cal:754 CHO:82g Na:1165mg</b>	NA+	7	Salt Cod Fritters w/ Lemon 205 White Rice 25 Vegetable Medley 18 Wheat Roll 135 Chocolate Chip Cookie 70 Margarine 30 <b>Cal:795 CHO:110g Na:608mg</b>	NA+	8	Grilled Chicken Thigh 90 Plantains 3 Brussel Sprouts 23 Wheat Bread 135 Fruit 0 Margarine 30 <b>Cal:645 CHO:66g Na:406mg</b>	NA+	
11	Pork & Kidney Bean Stew 234 Yellow Rice 25 Collard Greens 40 Wheat Bread 135 Fruit 0 Margarine 30 <b>Cal:678 CHO:79g Na:589mg</b>	NA+	12	Caribbean Beef w/ Peppers & Onions 147 Caribbean Macaroni & Cheese 323 Green Beans 6 Whole Grain Cornbread 90 Fruit 0 Margarine 30 <b>Cal:983 CHO:98g Na:721mg</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	Jerk Chicken Drumsticks 216 White Rice w/ Lentils 25 Mixed Vegetables 18 Wheat Roll 135 Fruit 0 Margarine 30 <b>Cal:714 CHO:84g Na:549mg</b>	NA+	15	Cod w/ Stewed Tomatoes 479 Roasted Potatoes 152 Broccoli 6 Wheat Bread 135 Shortbread cookie 150 Margarine 30 <b>Cal:753 CHO:74g Na:1077mg</b>	NA+
18	Braised Chickpeas w/ Chorizo 786 Grits & Black Eyed Peas 14 Carrots 32 Snack Loaf 150 Fruit 0 Margarine 30 <b>Cal:809 CHO:97g Na:1137mg</b>	NA+	19	Brazilian Chicken 544 Rice & Beans 93 Broccoli 6 Wheat Roll 135 Chocolate Cupcake 210 Margarine 30 <b>Cal:752 CHO:89g Na:1143mg</b>	NA+	20	Arroz con Camarones (Shrimp) 422 White Rice 25 Mixed Vegetables 17 Whole Grain Cornbread 90 Fruit 0 Margarine 30 <b>Cal:875 CHO:102g Na:709mg</b>	NA+	21	Oven Crispy Chicken 131 Black Eyed Peas 60 Collards, Corn & Peppers 18 Wheat Bread 135 Fruit 0 Margarine 30 <b>Cal:660 CHO:91g Na:499mg</b>	NA+	22	Jambalaya w/ Turkey Kielbasa 502 Roasted Potatoes 152 Green Beans w/Peppers 6 White Bread 150 Cinnamon Pears 10 Margarine 30 <b>Cal:695 CHO:74g Na:975mg</b>	NA+
25	Creamy Cajun Chicken 706 Whole Grain Pasta 0 Mixed Vegetables 18 Wheat Roll 135 Vanilla Pudding 130 Margarine 30 <b>Cal:690 CHO:77g Na:1144mg</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	Slow Roasted Pork 164 Sweet Potatoes 37 Carrots 32 Wheat Bread 135 Cinnamon Pears 10 Margarine 30 <b>Cal:685 CHO:76g Na:533mg</b>	NA+	28	Curried Beef with Vegetables 134 Yellow Rice 25 Green Peas 6 Whole Grain Cornbread 90 Oatmeal Cookie 105 Margarine 30 <b>Cal:848 CHO:93g Na:515mg</b>	NA+	29	Pescado con Coco (Fish in Coconut Sauce) 380 Brown Rice w/ Pigeon Peas 61 California Blend Vegetables 36 Wheat Roll 135 Fruit 0 Margarine 30 <b>Cal:792 CHO:85g Na:767mg</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"