CITY FRESH FOODS

December 2022 Portuguese HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday	
						1	NA+	2	NA+
						Bacalao	151	Cachupa Rica	567
						Yellow Rice & Pigeon Peas	63	Yellow Rice	25
						Green Beans	6	Broccoli	6
						Cornbread	90	Whole Grain Cornbread	90
						Cinnamon Peaches	10	Shortbread Cookie	150
						Margarine	30	Margarine	30
						Cal:702 CHO:98g Na:475mg	475	**Cal:915 CHO:104g Na:993mg**	993
5	**NA+**	**6**	**NA+**	**7**	**NA+**	**8**	**NA+**	**9**	**NA+**
Caribbean Beef w/ Peppers & Onions	147	Creole Chicken	496	Salt Cod Fritters w/ Lemon	205	Pork Linguica w/ Onions	675	Arroz con Camarones (Shrimp)	422
White Rice	25	Mashed Sweet Potatoes	37	Yucca	33	Grits & Black Eyed Peas	38	Yellow Rice	25
Mixed Vegetables	17	Beets & Greens	73	Mixed Vegetables	18	Carrots	32	Green Beans	6
Wheat Roll	135	Whole Grain Cornbread	90	Whole Grain Garlic Toast	350	Wheat Bread	135	Cornbread Loaf	90
Fruit	0	Chocolate Pudding	135	Cinnamon Peaches	10	Oatmeal Cookie	105	Fruit	0
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Cal:665 CHO:75g Na:479mg	479	**Cal:858 CHO:108g Na:986mg**	986	**Cal:902 CHO:120g Na:771mg**	771	**Cal:938 CHO:70g Na:1140mg**	1140	**Cal:861 CHO:94g Na:698mg**	698
12	**NA+**	**13**	**NA+**	**14**	**NA+**	**15**	**NA+**	**16**	**NA+**
Stewed Chicken Drumstick	337	Beef Picadillo	109	Braised Chickpeas w/ Chorizo	786	Pastelon	277	Chicken Sofrito	397
Roasted Potatoes	152	White Rice	25	Grits	53	w/ Beef & Plantains	-	White Rice	25
Tuscan Vegetables	31	Brussel Sprouts	23	Corn	6	Green Beans w/Peppers	6	Carrots	32
Whole Grain Cornbread	90	Wheat Roll	135	Wheat Bread	135	Wheat Roll	135	Whole Grain Cornbread	90
Fruit	0	Chocolate Pudding	135	Fruit	0	Shortbread Cookie	150	Cinnamon Pears	10
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Cal:880 CHO:86g Na:765mg	765	**Cal:709 CHO:77g Na:582mg**	582	**Cal:917 CHO:125g Na:1135mg**	1135	**Cal:779 CHO:73g Na:723mg**	723	**Cal:700 CHO:95g Na:709mg**	709
19	**NA+**	**20**	**NA+**	**21**	**NA+**	**22**	**NA+**	**23**	**NA+**
Caribbean Fish Curry	410	High Sodium Meal		Curried Beef	133	**Holiday Meal - High Sodium Meal**		Slow Roasted Pork	163
Yellow Rice w/Pigeon Peas	63	BBQ Jerk Chicken	646	Roasted Potatoes	152	Baked Ham w/ Raisin Sauce	615	White Rice	25
Mixed Vegetables	18	White Rice w/ Pigeon Peas	61	Brussel Sprouts	23	Red Skin Mashed Potatoes	267	Plantains	3
Cornbread Slice	90	Vegetable Medley	18	Wheat Roll	135	Carrots	32	Wheat Roll	135
Fruit	0	WG Buttermilk Biscuit	310	Fruit	0	Wheat Roll	135	Fruit	0
Margarine	30	Vanilla Pudding	130	Margarine	30	Brownie	115	Margarine	30
Cal:773 CHO:106g Na:736mg	736	**Cal:862 CHO:110g Na:1320mg**	1290	**Cal:774 CHO:84g Na:598mg**	598	**Cal:775 CHO:105g Na:1319mg**	1289	**Cal:774 CHO:92g Na:481mg**	481
26	**NA+**	**27**	**NA+**	**28**	**NA+**	**29**	**NA+**	**30**	**NA+**
Latin Shepherd's Pie	202	Creamy Cajun Chicken	746	Pescado con Coco	380	Arroz con Carnitas	144	**Holiday Meal**	
Plantains	-	Whole Grain Pasta	0	Yellow Rice	25	White Rice	25	Oven "Fried" Chicken	150
Mixed Vegetables	17	Kale & Peppers	14	Broccoli	6	Mixed Vegetables	17	Black Eyed Peas	60
Wheat Roll	135	Wheat Roll	135	Wheat Bread	135	Cornbread	90	Carrots	32
Fruit	0	Chocolate Pudding	135	Fruit	0	Fruit	0	Wheat Roll	135
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Oatmeal Cookie	105
Cal:688 CHO:85g Na:509mg	509	**Cal:685 CHO:74g Na:1185mg**	1185	**Cal:835 CHO:92g Na:701mg**	701	**Cal:806 CHO:101g Na:431mg**	431	**Cal:705 CHO:75g Na:637mg**	607