



June 2023 MVES/SCES Caribbean HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday						
						1	Jambalaya w/ Turkey Kielbasa Roasted Potatoes Carrots Whole Grain Cornbread Fruit Margarine	NA+ 502 120 30 180 0 30	2	Creole Chicken Drumstick White Rice Broccoli Wheat Roll Cinnamon Pineapple Margarine	NA+ 252 25 6 135 10 30			
							Cal:696 CHO:91g Na:987mg	987		Cal:784 CHO:84g Na:583mg	583			
5	Tuna Pastel w/ Lemon Yellow Rice & Pigeon Peas Green Peas Wheat Bread Shortbread Cookie Margarine	NA+ 418 61 6 135 150 30	6	Beef Curry Yellow Rice California Blend Vegetables Wheat Roll Butterscotch Pudding Margarine	NA+ 134 25 46 135 190 30	7	Braised Chickpeas & Chorizo Yucca Tuscan Blend Vegetables Wheat Roll Fruit Margarine	NA+ 786 34 31 135 0 30	8	Meal Served Cold Tuna in Olive Oil w/ Chickpeas, Hard Boiled Egg, Onions & Peppers Rice & Pigeon Pea Salad Cilantro Lime Coleslaw Wheat Bread Ambrosia Fruit Salad Margarine	NA+ 250 - 64 70 135 1 30	9	Jerk Chicken White Rice Carrots Wheat Bread Fruit Margarine	NA+ 345 25 30 135 0 30
	Cal:817 CHO:100g Na:925mg	925		Cal:722 CHO:85g Na:685mg	685		Cal:810 CHO:110g Na:1141mg	1141		Cal:774 CHO:85g Na:675mg	675		Cal:748 CHO:102g Na:690mg	690
12	Pork & Bean Stew Grits & Black Eyed Peas Green Beans w/ Peppers Cornbread Fruit Margarine	NA+ 234 107 6 180 0 30	13	Lentil Okra Coconut Stew Yellow Rice Mixed Vegetables Wheat Roll Vanilla Pudding Margarine	NA+ 240 25 25 135 130 30	14	Jambalaya w/ Chicken & Turkey Kielbasa Roasted Potatoes Carrots Cornbread Loaf Fruit Margarine	NA+ 502 120 30 180 0 30	15	Arroz con Camarones White Rice Broccoli Wheat Roll Fruit Margarine	NA+ 422 25 6 135 0 30	16	Oven Crispy Chicken Bites Black Eyed Peas Collards, Corn & Peppers Cornbread Loaf Oatmeal Cookie Margarine	NA+ 456 164 35 180 105 30
	Cal:735 CHO:88g Na:682mg	682		Cal:763 CHO:103g Na:710mg	710		Cal:728 CHO:98g Na:987mg	987		Cal:780 CHO:89g Na:743mg	743		Cal:772 CHO:92g Na:1095mg	1095
19	Holiday - No Meals		20	Caribbean Beef w/ Peppers & Onions Rice and Beans Vegetable Medley Hawaiian Roll Fruit Margarine	NA+ 147 93 24 80 0 30	21	Cachupa Rica Yellow Rice Corn w/ Peppers Wheat Roll Chocolate Pudding Margarine	NA+ 568 25 6 135 135 30	22	Dominican Chicken Yucca Carrots Wheat Roll Fruit Margarine	NA+ 128 34 30 135 0 30	23	Meal Served Cold Shrimp Ceviche w/ Tomato, Onion & Cilantro over Spinach Lentils & White Rice Black Eyed Pea Salad Wheat Bread Banana Pudding Margarine	NA+ 375 25 25 156 135 121 30
				Cal:796 CHO:97g Na:499mg	499		Cal:765 CHO:92g Na:1024mg	1024		Cal:652 CHO:79g Na:482mg	482		Cal:789 CHO:105g Na:992mg	992
26	Haitian Spaghetti (Beef) Whole Grain Pasta California Blend Vegetables Whole Grain Cornbread Fruit Margarine	NA+ 700 0 46 180 0 30	27	BBQ Jerk Pork White Rice Green Beans w/ Peppers Wheat Roll Vanilla Pudding Margarine	NA+ 263 25 6 135 130 30	28	Sancocho w/ Beef Potatoes Tuscan Blend Vegetables Cornbread Fruit Margarine	NA+ 145 120 31 180 0 30	29	Brazilian Chicken Yellow Rice Broccoli Wheat Roll Strawberry Loaf Cake Margarine	NA+ 155 25 6 135 100 30	30	Chicken Empanada Plantains Kale & Peppers Whole Grain Cornbread Fruit Margarine	NA+ 630 3 14 180 0 30
	Cal:816 CHO:90g Na:1081mg	1081		Cal:750 CHO:82g Na:714mg	714		Cal:801 CHO:102g Na:531mg	631		Cal:738 CHO:89g Na:576mg	576		Cal:798 CHO:125g Na:982mg	982

City Fresh Foods | P.O. Box 255698 | Dorchester, MA 02125 Menu subject to change This institution is an equal opportunity provider Phone 617-606-7123 | Fax 617-606-7126 |

Before placing meal orders please determine whether any anticipated consumers have a food allergy and specifically notify City Fresh Foods of the potential allergen requirements at the time that the order is placed. In accordance with Massachusetts General Law and Regulations, before placing your order, please inform your server if a person in your party has a food allergy.