



February 2026 Caribbean (Latino) HDM Menu

Totals Include 105mg Na+ for 8oz of milk served daily
 Menu totals include entrée, sides, dessert, fruit, bread,
 milk & margarine (30mg)
 A \$2.00 confidential donation is suggested per meal.
 Donation letters mailed monthly.

Monday				Tuesday				Wednesday				Thursday				Friday			
2		NA+	3	NA+	4	NA+	5	NA+	6	NA+	7	NA+	8	NA+	9	NA+	10	NA+	11
Dominican Style Chicken		150	Sancocho with Beef & Chicken & Potatoes		213	Pork & Bean Stew		146	BBQ Jerk Drumstick		464	Caribbean Beef with Peppers & Onions		132					
Rice & Beans		65	White Rice		25	Yellow Rice & Black Eyed Peas		61	Cilantro Lime Rice		67	Stewed Beans		356					
Vegetable Medley		54	Black Beans, Corn & Peppers		61	Broccoli		38	California Blend Vegetables		34	Green Beans & Red Peppers		30					
Wheat Bread		65	Dinner Roll		100	Fig Newton		180	Cornbread Loaf		180	Hawaiian Roll		80					
Chocolate Pudding		135	Orange		0	Margarine		30	Applesauce		0	Orange		1					
Cal:832 CHO:91g Na:604mg		604	Cal:680 CHO:90g Na:534mg		534	Cal:915 CHO:102 Na:560mg		560	Cal:690 CHO:80g Na:880mg		880	Cal:780 CHO:101g Na:734mg		734					
9		NA+	10	NA+	11	NA+	12	NA+	13	NA+	14	NA+	15	NA+	16	NA+	17	NA+	18
Frango Assado (Brazilian Chicken)		118	Bistec Encebollado (Puerto Rican Steak & Onions)		132	Arroz con Atume (Tuna)		153	Holiday Meal			Pork Linguica with Onions		623					
Brown Rice & Pigeon Peas		70	Yucca		15	Yellow Rice		25	Pot Roast with Gravy		590	White Rice		25					
Carrots		54	Broccoli		38	Green Peas		20	Baked Sweet Potatoes		21	Green Beans		20					
Dinner Roll		100	Wheat Bread		65	Wheat Roll		150	Vegetable Medley		50	Cornbread Loaf		180					
Vanilla Pudding		130	Fruit Cup		5	Banana		1	Wheat Roll		150	Peach Fruit Cup		5					
Margarine		30	Margarine		30	Margarine		30	Chocolate Chip Blondie		190	Margarine		30					
Cal:774 CHO:76g Na:607mg		607	Cal:761 CHO:93g Na:390mg		390	Cal:805 CHO:98g Na:484mg		484	Cal:770 CHO:96g Na:1136mg		1136	Cal:877 CHO:83g Na:988mg		988					
16			17	NA+	18	NA+	19	NA+	20	NA+	21	NA+	22	NA+	23	NA+	24	NA+	25
Holiday - No Meals			Arroz con Camarones (Shrimp)		417	Ash Wednesday			Lentil Okra Coconut Stew		124	Stewed Tomato White Fish		264					
			Yellow Rice		25	Egg & Cheese Broccoli Bake with Whole Grain Buttermilk Biscuit		315	White Rice		25	Cilantro Lime Rice		67					
			Carrots		54			370	Brussel Sprouts		26	Broccoli		38					
			Wheat Roll		150	Mixed Vegetables		51	Wheat Roll		150	Wheat Bread		65					
			Banana		1	Pound Cake		240	Cinnamon Apples		3	Chocolate Chip Cookie		80					
			Cal:705 CHO:89g Na:782mg		782	Cal:782 CHO:76g Na:1111mg		1111	Cal:752 CHO:73g Na:463mg		463	Cal:766 CHO:97g Na:649mg		649					
23		NA+	24	NA+	25	NA+	26	NA+	27	NA+	28	NA+	29	NA+	30	NA+	31	NA+	32
Creamy Cajun Chicken		240	Pork with Peach-Mango Salsa		100	Haitian Stewed Chicken Drumstick		213	Arroz con Pollo		123	Pastel de Tuna with Lemon		480					
Mashed Potatoes		23	Plantains		4	Yucca		15	Yellow Rice		25	Roasted Potatoes		85					
Kale & Red Peppers		29	Mixed Root Vegetables		65	Edamame, Corn & Pepeprs		22	Carrots		56	Green Peas		20					
Wheat Roll		150	Dinner Roll		100	Cornbread Loaf		180	Wheat Bread		65	Dinner Roll		100					
Vanilla Pudding		130	Pear		1	Banana		1	Orange		1	Oatmeal Cookie		90					
Cal:761 CHO:77g Na:707mg		707	Cal:755 CHO:85g Na:405mg		405	Cal:795 CHO:115g Na:566mg		566	Cal:716 CHO:83g Na:405mg		405	Cal:742 CHO:88g Na:910mg		910					

Nutrition Questions? Call Michelle at 978-406-4618 Menus subject to change without notice.

To cancel meals please call: 978-624-2263 AT LEAST 24 hours before service. Brought to you by the Older American Act.

No meals will be left without seeing someone at delivery.