



March 2026 Caribbean (Latino) HDM Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Picadillo Brown Rice & Pigeon Peas California Blend Vegetables Wheat Roll Apple Cal:870 CHO:94g Na:543mg	3 Caribbean Pork Tacos with Lime Mexican Rice Carrots Tortilla Wrap Orange Cal:897 CHO:93g Na:836mg	4 Haitian Stewed Chicken Drumstick Plantains Kale & Peppers Cornbread Loaf Banana Cal:777 CHO:92g Na:562mg	5 Pork & Bean Stew Yellow Rice & Black Eyed Peas Green Beans w/ Red Peppers Hawaiian Roll Shortbread Cookie (MOD) Cal:873 CHO:97g Na:591mg	6 Caribbean Fish Curry White Rice Green Peas Wheat Bread Fruit Cup Cal:715 CHO:91g Na:381mg
9 Pastelon with Beef & Plantains Broccoli Dinner Roll Cinnamon Apples Cal:725 CHO:82g Na:553mg	10 Chicken Sofrito Yucca Vegetable Medley Dinner Roll Pear Cal:725 CHO:82g Na:422mg	11 Cod with Stewed Tomatoes White Rice Brussel Sprouts Hawaiian Roll Chocolate Pudding Cal:730 CHO:77g Na:665mg	12 Caribbean Beef with Peppers & Onions Cilantro Lime Rice Green Beans & Red Peppers Wheat Roll Fruit Cup Cal:690 CHO:85g Na:505mg	13 Arroz con Frijoles Yellow Rice Broccoli Pound Cake Wheat Roll Cal:848 CHO:89g Na:943mg
16 BBO Jerk Chicken Drumstick Mofungo (Mashed Plantains) Brussel Sprouts Wheat Bread Vanilla Pudding Margarine Cal:770 CHO:92g Na:863mg	17 High Sodium Meal Corned Beef & Cabbage Boiled Potatoes Carrots Wheat Roll Shamrock Cookie Cal:847 CHO:87g Na:1254mg	18 White Fish with Peach-Mango Salsa White Rice Vegetable Medley Whole Grain Cornbread Loaf Orange Margarine Cal:775 CHO:109g Na:500mg	19 Latin Shepherd's Pie with Beef, Plantains & Potatoes Mixed Vegetables Banana Wheat Roll Margarine Cal:690 CHO:85g Na:1026mg	20 Lentil Okra Coconut Stew White Rice California Blend Vegetables Wheat Roll Pear Cup Margarine Cal:847 CHO:87g Na:468mg
23 Creamy Cajun Salmon Whole Grain Pasta Green Peas with Red Peppers Cornbread Loaf Oatmeal Cookie Cal:700 CHO:84g Na:689mg	24 Arroz con Pollo Yellow Rice Broccoli Chocolate Pudding Dinner Roll Cal:767 CHO:73g Na:456mg	25 Jamaican Beef Stew Brown Rice Mixed Root Vegetables Wheat Roll Apple Cal:715 CHO:82g Na:731mg	26 Pork with Pineapple-Mango Salsa Plantains Carrots Whole Grain Cornbread Loaf Pear Cal:840 CHO:110g Na:442mg	27 Stewed Tomato White Fish Cilantro Lime Rice Mixed Vegetables Dinner Roll Orange Cal:701 CHO:94g Na:617mg
30 Pescado con Coco (Coconut Fish) Yellow Rice & Black Eyed Peas Green Beans Wheat Roll Cinnamon Apples Cal:763 CHO:85g Na:491mg	31 Jambalaya (Chicken & Turkey Kielbasa) Yellow Rice Broccoli Wheat Roll Vanilla Pudding Cal:675 CHO:76g Na:756mg	Nutrition Questions? Call Michelle at 978-624-2263	Menus subject to change without notice. To cancel meals please call: 978-6624-2263 AT LEAST 24 hours before service	Brought to you by the Older American Act No meals will be left without seeing someone at delivery.