



April 2026 Caribbean (Latino) HDM Menu

Menu totals include entrée, sides, dessert, fruit, bread, margarine (30mg) and 105mg Na+ for 8oz of milk served daily

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly. | Nutrition Questions? Call Michelle at 978-624-2263 Menus subject to change without notice. | 1 Dominican Style Chicken 151 Rice & Beans 124 California Blend Vegetables 34 Hawaiian Roll 80 Shortbread Cookie (MOD) 150 Margarine 30 Cal:843 CHO:88g Na:674mg 674 | 2 Sancocho with Beef, Chicken and Potatoes 213 White Rice 25 Brussel Sprouts 26 Wheat Bread 65 Banana 1 Margarine 30 Cal:934 CHO:112g Na:465mg 465 | 3 Opening Day Hot Dog (beef) 540 Baked Beans 140 Green Beans & Red Peppers 20 Whole Wheat Hot Dog Bun 85 Fruit Cup 0 Ketchup 82 Cal:883 CHO:103g Na:1002mg 1002 |
| | | 6 Pork and Bean Stew 146 Yellow Rice & Black Eyed Peas 61 Vegetable Medley 54 Wheat Bread 65 Chocolate Pudding 135 Cal:838 CHO:110g Na:596mg 596 | 7 BBQ Jerk Drumstick 464 Cilantro Lime Rice 67 Black Beans, Corn & Peppers 61 Wheat Roll 150 Orange 0 Cal:798 CHO:106g Na:877mg 877 | 8 Caribbean Beef with Peppers & Onions 132 Stewed Beans 357 Broccoli 38 Applesauce 2 Wheat Bread 65 Cal:717 CHO:66g Na:666mg 729 |
| 13 Haitian Spaghetti (Beef) 770 Whole Grain Pasta - Green Beans & Red Peppers 20 Wheat Bread 65 Pound Cake 240 Margarine 30 Cal:878 CHO:90g Na:1068mg 1230 | 14 Arroz con Atume (Tuna) 271 Yellow Rice - Corn with Peppers 21 Wheat Roll 150 Pear Fruit Cup 0 Margarine 30 Cal:605 CHO:65g Na:577mg 577 | 15 High Sodium Meal Baked Ham with Maple Brown Sugar Glaze 694 Potatoes au Gratin 358 Green Beans & Red Peppers 20 Dinner Roll 100 Chocolate Chip Cookie 78 Cal:811 CHO:108g Na:1547mg 1385 | 16 Lentil Okra Coconut Stew 124 White Rice 25 Carrots 56 Whole grain Cornbread 180 Orange 0 Margarine 30 Cal:720 CHO:103g Na:490mg 520 | 17 Pork Linguica with Onions 623 White Rice 25 California Blend Vegetables 34 Wheat Bread 65 Apple 2 Margarine 30 Cal:909 CHO:97g Na:884mg 884 |
| 20 HOLIDAY - NO MEALS | 21 Arroz con Camarones (Shrimp) 417 Yellow Rice 25 Green Peas & Red Peppers 72 Wheat Roll 150 Vanilla Pudding 130 Cal:651 CHO:91g Na:929mg 929 | 22 Stewed Tomato White Fish 264 Cilantro Lime Rice 67 California Blend Vegetables 34 Whole Grain Cornbread 180 Apple 2 Cal:819 CHO:94g Na:682mg 682 | 23 Pork with Peach-Mango Salsa 60 Plantains 4 Brussel Sprouts 26 Wheat Roll 150 Banana 1 Cal:672 CHO:94g Na:376mg 376 | 24 Pastel de Tuna with Lemon 480 Roasted Potatoes 85 Broccoli 38 Cornbread Loaf 180 Fruit Cup 0 Cal:717 CHO:94g Na:918mg 918 |
| 27 Creamy Cajun Chicken 240 Mashed Potatoes 23 Green Beans & Red Peppers 20 Wheat Roll 150 Lemon Square 90 Cal:747 CHO:79g Na:658mg 658 | 28 Haitian Stewed Chicken Drumstick 213 Yucca 15 Mixed Root Vegetables 65 Wheat Roll 150 Chocolate Pudding 135 Cal:718 CHO:94g Na:580mg 713 | 29 Arroz con Pollo 123 Yellow Rice 26 California Blend Vegetables 34 Wheat Roll 150 Banana 1 Cal:745 CHO:90g Na:471mg 469 | 30 Beef Picadillo 153 Brown Rice & Pigeon Peas 70 Green Peas 20 Dinner Roll 100 Orange 0 Cal:782 CHO:93g Na:478mg 478 | |

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.