



May 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	
A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly. Brought to you by the Older American Act.		Nutrition Questions? Call 978-624-2263 Menus subject to change without notice.		To cancel meals please call: 978-624-2263 AT LEAST 24 hours before service. No meals will be left without seeing someone at delivery.				1 No Meals Served Volunteer Appreciation Day	
4 Pastelon with Beef & Plantains Green Peas Wheat Bread Orange	NA+ 277 - 20 65 1	5 Chicken Sofrito Yucca Green Beans & Red Peppers Cornbread Loaf Fruit Cup	NA+ 115 15 20 180 0	6 Cod with Stewed Tomatoes White Rice Broccoli Wheat Roll Lemon White Chocolate Cookie	NA+ 264 25 38 150 100	7 Caribbean Beef with Peppers & Onions Cilantro Lime Rice Vegetable Medley Dinner Roll Pear	NA+ 132 67 54 100 2	8 Arroz con Camarones Yellow Rice California Blend Vegetables Dinner Roll Chocolate Pudding	NA+ 417 25 34 100 130
Cal:863 CHO:93g Na:498mg	498	Cal:798 CHO:109g Na:465mg	465	Cal:796 CHO:85g Na:712mg	712	Cal:878 CHO:102g Na:490mg	490	Cal:676 CHO:88g Na:841mg	841
11 BBQ Jerk Chicken Drumstick Mofungo (Mashed Plantains) Brussel Sprouts Wheat Roll Fig Newton	NA+ 464 43 26 150 180	12 White Fish with Peach-Mango Salsa White Rice Carrots Whole Grain Cornbread Loaf Orange	NA+ 105 25 56 180 0	13 Latin Shepherd's Pie with Beef, Plantains & Potatoes Kale & Peppers Hawaiian Roll Apple	NA+ 689 - 29 80 1	14 Lentil Okra Coconut Stew White Rice California Blend Vegetables Dinner Roll Shortbread Cookie	NA+ 124 25 34 100 150	15 Arroz con Pollo Yellow Rice Mixed Vegetables Wheat Roll Banana	NA+ 123 25 51 150 1
Cal:809 CHO:106g Na:914mg	998	Cal:750 CHO:96g Na:501mg	501	Cal:658 CHO:78g Na:934mg	934	Cal:819 CHO:109g Na:568mg	568	Cal:776 CHO:96g Na:485mg	485
18 Creamy Cajun Salmon Roasted Potatoes Green Peas & Red Peppers Buttermilk Biscuit Pear Margarine	NA+ 226 85 72 370 2 30	19 Jamaican Beef Stew Brown Rice Broccoli Cornbread Loaf Oatmeal Cookie Margarine	NA+ 140 25 38 180 90 30	20 Holiday Meal BBQ Chicken Sandwich (Thigh) Sweet Potato Fries Zucchini & Red Peppers Wheat Sandwich Bun Pound Cake	NA+ 360 150 19 75 240	21 Pork with Pineapple-Mango Salsa Plantains Mixed Vegetables Dinner Roll Orange Margarine	NA+ 100 4 51 100 0 30	22 Pescado con Coco (Coconut Fish) Yellow Rice & Black Eyed Peas California Blend Vegetables Wheat Roll Apple Margarine	NA+ 122 61 34 150 1 30
Cal:836 CHO:95g Na:890mg	890	Cal:901 CHO:95g Na:608mg	608	Cal:850 CHO:106g Na:949mg	949	Cal:705 CHO:96g Na:390mg	390	Cal:871 CHO:96g Na:503mg	503
25 Holiday - No Meals		26 Haitian Stewed Chicken Drumstick Plantains Brussel Sprouts Cornbread Loaf Vanilla Pudding	NA+ 213 4 26 180 135	27 Beef Picadillo Brown Rice & Pigeon Peas Carrots Wheat Roll Orange	NA+ 153 70 56 150 1	28 Stewed Tomato White Fish Cilantro Lime Rice Broccoli Wheat Roll Chocolate Chip Cookie	NA+ 264 67 38 150 80	29 Jambalaya (Chicken & Turkey Kielbasa) Yellow Rice Vegetable Medley Whole Grain Cornbread Loaf Pear	NA+ 278 25 54 180 2
		Cal:792 CHO:90g Na:693mg	693	Cal:701 CHO:80g Na:565mg	565	Cal:759 CHO:81g Na:734mg	734	Cal:853 CHO:110g Na:674mg	674