



June 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	
1	NA+	2	NA+	3	NA+	4	NA+	5	NA+
Pork & Bean Stew	146	BBQ Jerk Drumstick	464	Caribbean Beef with Peppers & Onions	132	Frango Assado (Brazilian Chicken)	118	Bistec Encebollado (Puerto Rican Steak & Onions)	132
Yellow Rice & Black Eyed Peas	61	Cilantro Lime Rice	67	Stewed Beans	357	Brown Rice & Pigeon Peas	70	Yucca	15
Carrots	56	Brussel Sprouts	26	Broccoli	38	Spinach with Peppers	65	California Blend Vegetables	34
Wheat Bread	65	Wheat Roll	150	Whole Grain Cornbread	180	Dinner Roll	100	Hawaiian Roll	80
Pear	1	Shortbread Cookie	150	Banana	1	Vanilla Pudding	130	Fruit Cup	5
Cal:798 CHO:112g Na:464mg	464	Cal:846 CHO:97g Na:992mg	992	Cal:950 CHO:106g Na:843mg	843	Cal:717 CHO:83g Na:618mg	618	Cal:814 CHO:94g Na:401mg	401
8	NA+	9	NA+	10	NA+	11	NA+	12	NA+
Haitian Spaghetti (Beef)	770	Dominican Style Chicken Rice & Beans	151	Arroz con Atume (Tuna)	271	Lentil Okra Coconut Stew	100	Pork Linguica with Onions	623
Whole Grain Pasta	-	Black Beans, Corn & Peppers	61	Yellow Rice	26	White Rice	25	Mashed Potatoes	85
Kale & Corn	11	Wheat Roll	150	Green Beans & Red Peppers	21	Carrots	56	Green Peas	20
Wheat Bread	65	Orange	0	Dinner Roll	100	Hawaiian Roll	80	Wheat Roll	150
Chocolate Pudding	135			Apple	1	Fig Newton	180	Pear	2
Cal:853 CHO:96g Na:1116mg	1116	Cal:778 CHO:97g Na:621mg	621	Cal:761 CHO:88g Na:554mg	554	Cal:956 CHO:135g Na:576mg	576	Cal:850 CHO:95g Na:1015mg	1015
15	NA+	16	NA+	17	NA+	18	NA+	19	
Pork with Peach-Mango Salsa	100	Sancocho with Beef & Chicken & Potatoes	213	Holiday Meal		Pastelon	277	Holiday - No Meals	
Plantains	4	White Rice	25	Homemade Crispy Chicken	186	with Beef & Plantains	-		
Carrots	56	Green Beans & Red Peppers	21	Black Eyed Peas	140	California Blend Vegetables	34		
Whole Grain Cornbread	180	Wheat Bread	65	Collards & Corn	40	Wheat Roll	150		
Orange	0	Vanilla Pudding	130	Cornbread Loaf	180	Cinnamon Apples	2		
Margarine	30	Margarine	30	Pound Cake with Berries	241	Margarine	30		
Cal:744 CHO:98g Na:475mg	475	Cal:940 CHO:106g Na:589mg	589	Cal:1052 CHO:120g Na:922mg	922	Cal:736 CHO:70g Na:598mg	598		
22	NA+	23	NA+	24	NA+	25	NA+	26	NA+
Beef Picadillo	153	Arroz con Camarones (Shrimp)	417	Creamy Cajun Chicken	240	Caribbean Pork Tacos with Lime	595	Haitian Stewed Chicken Drumstick	213
Brown Rice & Pigeon Peas	70	Yellow Rice	25	Mashed Potatoes	23	Mexican Rice	70	Yucca	15
Green Peas & Red Peppers	72	California Blend Vegetables	34	Mixed Root Vegetables	65	Carrots	56	Broccoli	38
Wheat Roll	65	Wheat Bread	65	Wheat Roll	150	Tortilla Wrap	135	Cornbread Loaf	180
Pear Fruit Cup	5	Blueberry Bread	250	Banana	1	Orange	1	Vanilla Pudding	130
Cal:806 CHO:107g Na:500mg	500	Cal:836 CHO:117g Na:926mg	926	Cal:721 CHO:87g Na:614mg	614	Cal:680 CHO:81g Na:1027mg	1027	Cal:868 CHO:106g Na:711mg	711
29	NA+	30	NA+						
Caribbean Fish Curry	133	Crispy Chicken with Mushroom Okra Sauce	463	A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly. Brought to you by the Older American Act.		Nutrition Questions? Call Michelle at 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.	
Yellow Rice	26	Roasted Potatoes	85						
Corn with Peppers	21	Brussel Sprouts	26						
Wheat Roll	150	Wheat Bread	65						
Lemon Square	90	Cinnamon Apples	3						
Cal:793 CHO:103g Na:555mg	555	Cal:750 CHO:91g Na:777mg	777						