

CARIBBEAN MENU

ELDER NUTRITION PROGRAM

Barnstable County NOVEMBER 2022

Reservations & Cancellations must be made two business days in advance.

Menu subject to change without notice.



Elder Services

of Cape Cod and the Islands



Main Office in S. Dennis: 508-394-4630

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cape Verdean Cachupa Rica(727)* White Rice(25) Brussels Sprouts(23) Hawaiian Dinner Roll(80) Pudding(130)	2 Caribbean Beef with Peppers & Onions(147) Roasted Potato(152) Veg Medley(18) Wheat Bread(135) Fresh Apple(0)	3 Creole Chicken Drumstick(250) Plantains(3) Mixed Veg(17) Garlic Toast(120) Fresh Banana(0)	4 Salt Cod Fritter with Lemon(205) Yellow Rice(25) Green Beans with Red Peppers(6) Wheat Roll(135) Pears in tray(5)
	958 cal; 1140mg sodium	803 cal; 607mg sodium	740 cal; 545mg sodium	732 cal; 531mg sodium
7 HIGH SODIUM MEAL Pork Linguica with Onions(675)* Mashed Potato(113) Green Beans(6) Wheat Bread(135) Pudding(130)	8 "Arroz con Camarones" Yellow Rice with Shrimp(447) Broccoli(6) Wheat Roll(135) Fresh Apple(0)	9 Haitian Stewed Chicken Drumstick(337) Yucca(34) Brussels Sprouts(23) Cornbread(90) Oatmeal Cookie(105)	10 Beef Picadillo(109) White Rice with Lentils(25) Veg Medley(18) Wheat Bread(135) Diced Apricots in tray(10)	11 SITES CLOSED
905 cal; 1214mg sodium	824 cal; 743mg sodium	825 cal; 744mg sodium	678 cal; 452mg sodium	
14 "Pastelon" Latin Beef Lasagna with Plantains(276) California Veg(36) Garlic Toast(120) Shortbread Cookie(150)	15 Chicken Sofrito(456) Yellow Rice(25) Broccoli(6) Wheat Bread(135) Fresh Grapes(0)	16 Caribbean Fish Curry(409) Rice & Beans(93) Kale & Corn(14) Wheat Roll(135) Fresh Pear(0)	17 Roast Turkey with Gravy(496) Mashed Potato(113) Glazed Carrots(90) Wheat Bread(135) Yogurt(50)	18 Jamaican Beef Patty(470) Plantains(3) Green Beans(6) Dinner Roll(135) Applesauce in tray(10)
878 cal; 737mg sodium	678 cal; 777mg sodium	695 cal; 806mg sodium	690 cal; 1039mg sodium	770 cal; 779mg sodium
21 BBQ Jerk Chicken(646)* Grits & Black-Eyed Peas(38) Tuscan Veg(31) Hawaiian Dinner Roll(80) Peaches in tray(5)	22 Curried Beef with Veg(134) Mashed Potato(113) Carrots(32) Wheat Roll(135) Yogurt(50)	23 "Pernil" Slow-Roasted Pork(76) Brown Rice & Pigeon Peas(61) Mixed Veg(17) Cornbread(90) Mixed Fruit in tray(10)	24 SITES CLOSED	25 SITES CLOSED
771 cal; 955mg sodium	665 cal; 619mg sodium	850 cal; 409mg sodium		
28 Caribbean Jerk Pork(483) Yellow Rice(25) Mixed Veg(17) Wheat Roll(135) Pudding(135)	29 Creamy Cajun Chicken with Pasta(855)* Green Beans with Red Peppers(6) Wheat Bread(135) Fresh Banana(0)	30 "Pescado con Coco" Fish with Coconut Milk Sauce(380) Sweet Potato(37) Carrots(32) Garlic Toast(120) Brownie(115)	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35 *indicates item w/ more than 500mg sodium.	In order to reduce sodium at this meal, you may want to omit condiments and/or save items such as bread, milk, or dessert & have them with another meal or snack.
807 cal; 950mg sodium	695 cal; 1151mg sodium	816 cal; 839mg sodium		

NUTRITION INFO: Total calories (cals) & sodium are for the ENTIRE meal, including margarine & milk. Each item is followed by mg of sodium in parentheses. Margarine adds 30mg; Milk adds 125mg sodium.