

CARIBBEAN MENU

ELDER NUTRITION PROGRAM

Barnstable County DECEMBER 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 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <p><u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</u></p> <p><i>*indicates item w/ more than 500mg sodium.</i></p> | <p><i>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.</i></p> | <p>1 "Pastelon" Beef & Plantain Casserole(276) Broccoli(6) Wheat Roll(135) Fresh Apple(1)</p> | <p>2 Creole Chicken Drumstick(252) White Rice(25) Mixed Vegetables(17) Wheat Bread(135) Peaches in tray(5)</p> |
| | | | 723 cal; 573mg sodium | 771 cal; 589mg sodium |
| <p>5 Jerk Pork(483) Mashed Sweet Potato(37) Beets & Greens(73) Cornbread(90) Lorna Doones(150)</p> | <p>6 Jambalaya with Chicken & Turkey Kielbasa(502)* Yucca(33) Mixed Vegetables(17) Hawaiian Roll(80) Fresh Grapes(1)</p> | <p>7 Jerk Chicken Drumstick(292) Grits & Black-Eyed Peas(38) Carrots(32) Wheat Roll(135) Fresh Banana(1)</p> | <p>8 Caribbean Beef with Peppers & Onions(147) Roasted Potato(152) Green Beans(6) Wheat Roll(135) Pudding(135)</p> | <p>9 White Fish w/Pineapple-Mango Salsa(230) Rice & Beans(93) Tuscan Veg(31) Cornbread(90) Diced Apricots in tray(10)</p> |
| 895 cal; 988mg sodium | 683 cal; 788mg sodium | 721 cal; 653mg sodium | 765 cal; 730mg sodium | 723 cal; 609mg sodium |
| <p>12 Brazilian Chicken(340) Roasted Potato(152) Brussels Sprouts(23) Wheat Bread(135) Pudding(135)</p> | <p>13 HIGH SODIUM MEAL Braised Chickpeas & Chorizo(786)* Grits(53) Corn(6) Garlic Toast(350) Fresh Banana(1)</p> | <p>14 "Arroz con Camarones" Rice with Shrimp(447) Green Beans with Red Peppers(6) Wheat Roll(135) Fresh Apple(1)</p> | <p>15 Pork & Kidney Bean Stew(234) White Rice(25) Carrots(32) Wheat Bread(135) Pound Cake(240)</p> | <p>16 "Bacalao" Cod(150) Brown Rice & Beans(93) Mixed Vegetables(17) Muffin(280) Mixed Fruit in tray(10)</p> |
| 701 cal; 940mg sodium | 986 cal; 1351mg sodium | 825 cal; 744mg sodium | 740 cal; 821mg sodium | 733 cal; 705mg sodium |
| <p>19 "Pernil" Slow-Roasted Pork(163) White Rice & Pigeon Peas(61) Vegetable Medley(18) Wheat Roll(135) Peaches in tray(5)</p> | <p>20 Creamy Cajun Chicken with Pasta(780)* Brussels Sprouts(23) Cornbread(90) Fresh Grapes(1)</p> | <p>21 "Pescado con Coco" Fish with Coconut Milk Sauce(380) White Rice(25) Plantains(3) Wheat Bread(135) Yogurt(50)</p> | <p>22 HIGH SODIUM MEAL Baked Ham with Raisin Sauce(615)* Mashed Red Potato(267) Carrots(32) Wheat Roll(135) Holiday Dessert(230)</p> | <p>23 Jamaican Beef Patty(470) Sweet Potato Wedges(200) Mixed Vegetables(17) Cornbread(90) Applesauce in tray(14)</p> |
| 726 cal; 537mg sodium | 775 cal; 1049mg sodium | 835 cal; 748mg sodium | 775 cal; 1434mg sodium | 900 cal; 946mg sodium |
| <p>26 SITES CLOSED</p> <p><i>Happy Holidays</i></p> | <p>27 Caribbean Jerk Chicken(216) Yellow Rice(25) Broccoli(6) Wheat Roll(135) Pudding(135)</p> | <p>28 Curried Beef & Vegetables(133) Mashed Potato(114) Mixed Vegetables(17) Wheat Bread(135) Brownie(115)</p> | <p>29 Oven "Fried" Chicken(150) Black-Eyed Peas(60) Carrots(32) Garlic Toast(350) Fresh Pear(1)</p> | <p>30 Dominican Style Roast Turkey(485) Yellow Rice & Pigeon Peas(63) Green Beans(6) Biscuit(440) Diced Apricots in tray(10)</p> |
| | 733 cal; 672mg sodium | 748 cal; 669mg sodium | 805 cal; 748mg sodium | 735 cal; 1159mg 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.