

**CARIBBEAN MENU**



**Elder Services**  
of Cape Cod and the Islands



**ELDER NUTRITION PROGRAM**

**Barnstable County FEBRUARY 2023**

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

**Menu subject to change without notice.**

**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 &amp; have them with another meal or snack.</i></p>	<p>1 "Pastelon" Latin Beef Lasagna with Plantains(277) Veg Medley(18) Wheat Bread(135) Pudding(135)</p>	<p>2 Creole Chicken Drumstick(252) White Rice(25) Beets &amp; Greens(73) Hawaiian Sweet Hamburger Bun(120) Fresh Banana(1)</p>	<p>3 "Pastel de Atun" Tuna in Pastry(418) Stewed Beans(186) Kale &amp; Peppers(14) Wheat Roll(135) Pears in tray(5)</p>
		<b>700 cals; 720mg sodium</b>	<b>798 cals; 626mg sodium</b>	<b>662 cals; 913mg sodium</b>
<p>6 Caribbean Beef &amp; Onions(147) Roasted Potato(152) Tuscan Veg(31) Wheat Bread(135) Lorna Doones(147)</p>	<p>7 <b>HIGH SODIUM MEAL</b> Braised Chickpeas with Chorizo(786)* Yucca(34) Brussels Sprouts(23) Garlic Toast(350) Fresh Banana(1)</p>	<p>8 White Fish in Pineapple-Mango Salsa(235) Rice &amp; Beans(94) California Veg(36) Wheat Roll(135) Yogurt(50)</p>	<p>9 Pork &amp; Kidney Bean Stew(295) White Rice(25) Broccoli(6) Wheat Bread(135) Fresh Grapes(2)</p>	<p>10 Jerk Chicken Drumstick(292) Grits &amp; Black-Eyed Peas(106) GreenBeans/Peppers(6) Wheat Roll(135) Mixed Fruit in tray(10)</p>
<b>694 cals; 767mg sodium</b>	<b>864 cals; 1349mg sodium</b>	<b>692 cals; 705mg sodium</b>	<b>686 cals; 618mg sodium</b>	<b>769 cals; 704mg sodium</b>
<p>13 Brazilian Style Pork(75) Mashed Potato(113) Carrots(45) Biscuit(310) Peaches in tray(5)</p>	<p>14 <b>Happy Valentine's Day!</b> Jambalaya w/Chicken &amp; Turkey Kielbasa(502)* Grits(53) Green Peas(6) Cornbread Loaf(180) Chocolate Chip Cookie(70)</p>	<p>15 "Arroz con Camarones" Rice with Shrimp(447) Veg Medley(18) Garlic Toast(350) Two Fresh Clementines(1)</p>	<p>16 <b>HIGH SODIUM MEAL</b> Crispy Chicken(640)* Mac &amp; Cheese(323) Beets &amp; Greens(73) Wheat Roll(135) Yogurt(50)</p>	<p>17 Beef Curry(133) Yellow Rice(25) California Veg(36) Hawaiian Dinner Roll(80) Pineapple in tray(1)</p>
<b>606 cals; 703mg sodium</b>	<b>871 cals; 966mg sodium</b>	<b>883 cals; 971mg sodium</b>	<b>925 cals; 1376mg sodium</b>	<b>715 cals; 430mg sodium</b>
<p>20 <b>SITES CLOSED</b></p>	<p>21 BBQ Jerk Chicken(655)* Black-Eyed Peas(165) Veg Medley(18) Wheat Bread(135) Fresh Apple(1)</p>	<p>22 Vegetarian Bean Jambalaya(445) Yellow Rice(25) Broccoli with Peppers(6) Wheat Roll(135) Brownie(108)</p>	<p>23 "Pernil" Slow-Roasted Pork(75) Mashed Potato(113) Peas &amp; Corn with Red Peppers(12) Wheat Bread(135) Fresh Banana(1)</p>	<p>24 Cod with Stewed Tomatoes(475) Brown Rice &amp; Beans(94) Tuscan Veg(31) Cornbread(180) Mixed Fruit in tray(10)</p>
	<b>665 cals; 1129mg sodium</b>	<b>811 cals; 874mg sodium</b>	<b>701 cals; 491mg sodium</b>	<b>840 cals; 945mg sodium</b>
<p>27 Dominican Style Roast Turkey(471) Yellow Rice &amp; Pigeon Peas(63) Green Beans/Peppers(6) Garlic Toast(350) Yogurt(50)</p>	<p>28 Haitian Spaghetti with Beef(700)* Broccoli(6) Wheat Roll(135) Fresh Pear(1)</p>			
<b>766 cals; 1095mg sodium</b>	<b>756 cals; 997mg sodium</b>			

**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.