

ELDER NUTRITION PROGRAM

Barnstable County MARCH 2023

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

Menu subject to change without notice.

CARIBBEAN MENU



Elder Services

of Cape Cod and the Islands



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</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 Cape Verdean Cachupa Rica(568)* Mashed Potato(113) Mixed Veg(17) Wheat Bread(135) Fresh Banana(1)</p>	<p>2 Creole Chicken Drumstick(250) Yucca(34) Carrots(45) Wheat Roll(135) Shortbread Cookie(147)</p>	<p>3 "Bacalao" Cod(150) Rice & Beans(93) Veg Medley(17) Wheat Bread(135) Mixed Fruit in tray(10)</p>	
		650 cal; 989mg sodium	834 cal; 766mg sodium	613 cal; 560mg sodium	
<p>6 Brazilian Chicken(115) White Rice(25) Beets & Greens(73) Wheat Roll(135) Pound Cake(240)</p>	<p>7 Braised Chickpeas with Chorizo(786)* White Rice w/ Lentils(25) Broccoli(6) Wheat Bread(135) Fresh Grapes(2)</p>	<p>8 Beef Picadillo(109) Yellow Rice(25) Green Beans(6) Wheat Roll(135) Fresh Apple(1)</p>	<p>9 Haitian Stewed Chicken Drumsticks(337) Yucca(34) Corn with Peppers(6) Garlic Toast(350) Yogurt(50)</p>	<p>10 "Arroz con Camarones" Rice with Shrimp(447) Green Peas(6) Hawaiian Dinner Roll(80) Peaches in tray(5)</p>	
736 cal; 743mg sodium		843 cal; 1109mg sodium	665 cal; 431mg sodium	855 cal; 932mg sodium	858 cal; 693mg sodium
<p>13 Pork Linguica with Onions(675)* White Rice(25) Mixed Veg(17) Wheat Bread(135) Yogurt(50)</p>	<p>14 "Pastelon" Latin Beef Lasagna with Plantains(277) Brussels Sprouts(23) Cornbread Loaf(180) Shamrock Cookie(150)</p>	<p>15 Chicken Sofrito(195) Yellow Rice(25) Veg Medley(17) Wheat Roll(135) 2 Fresh Clementines(1)</p>	<p>16 High Sodium Meal Corned Beef & Cabbage(855)* Boiled Potatoes(105) Carrots(45) Wheat Roll(135) Fresh Pear(1)</p>	<p>17 "Pastel de Atun" Tuna in Pastry(418) Rice with Pigeon Peas(61) Kale & Red Peppers(14) Wheat Bread(135) Mixed Fruit in tray(10)</p>	
927 cal; 1057mg sodium		975 cal; 785mg sodium	682 cal; 528mg sodium	606 cal; 1296mg sodium	711 cal; 793mg sodium
<p>20 BBQ Jerk Chicken(642)* Yucca(34) Green Beans(6) Wheat Roll(135) Pudding(135)</p>	<p>21 Curried Beef with Veg(134) Mashed Potato(113) Tuscan Blend Veg(31) Pita Bread(250) Fresh Banana(1)</p>	<p>22 "Pernil" Slow-Roasted Pork(75) Yellow Rice(25) Carrots(45) Cornbread Loaf(180) Choc. Chip Cookie(70)</p>	<p>23 Latin Shepherd's Pie with Beef & Plantains(202) California Blend Veg(36) Wheat Bread(135) Fresh Grapes(2)</p>	<p>24 "Pescado con Coco" Fish with Coconut Milk Sauce(380) Sweet Potato(37) Veg Medley(17) Wheat Roll(135) Pears in tray(5)</p>	
698 cal; 1107mg sodium		735 cal; 684mg sodium	855 cal; 550mg sodium	694 cal; 530mg sodium	772 cal; 729mg sodium
<p>27 Caribbean Jerk Pork(483) Black-Eyed Peas(164) Green Beans with Red Peppers(6) Wheat Bread(135) Pudding(135)</p>	<p>28 Creamy Cajun Chicken with Pasta(747)* Broccoli(6) Wheat Roll(135) Fresh Banana(1)</p>	<p>29 Jambalaya with Turkey Kielbasa(502)* Roasted Potato(152) Carrots(45) Wheat Bread(135) Brownie(108)</p>	<p>30 Jamaican Beef Patty(470) Yellow Rice(25) Brussels Sprouts(23) Wheat Roll(135) 2 Fresh Clementines(1)</p>	<p>31 Caribbean Fish Curry(410) Rice & Beans(93) Mixed Veg(17) Biscuit(440) Peaches in tray(5)</p>	
750 cal; 1078mg sodium		687 cal; 1044mg sodium	827 cal; 1097mg sodium	785 cal; 809mg sodium	845 cal; 1120mg 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.