

CARIBBEAN MENU



Elder Services
of Cape Cod and the Islands



ELDER NUTRITION PROGRAM

Barnstable County MAY 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
1 Cape Verdean Cachupa Rica(568)* White Rice(25) Tuscan Veg(31) Hawaiian Dinner Roll(80) Lorna Doones(147)	2 Creole Chicken Drumstick(250) Yucca(34) Mixed Veg(17) Wheat Bread(135) Pudding(135)	3 "Bacalao" Cod(151) Rice & Beans(93) Broccoli(6) Wheat Roll(135) Fresh Banana(1)	4 Brazilian Chicken(85) White Rice(25) Green Beans with Red Peppers(6) Strawberry Cake Loaf(100) Fresh Grapes(2)	5 Braised Chickpeas with Chorizo(786)* Yellow Rice(25) Veg Medley(18) Wheat Bread(135) Pears in tray(5)
820 cal; 1006mg sodium	807 cal; 726mg sodium	600 cal; 541mg sodium	748 cal; 373mg sodium	815 cal; 1124mg sodium
8 Beef Picadillo(108) Roasted Potato(120) Broccoli(6) Wheat Roll(135) Yogurt(50)	9 "Arroz con Camarones" Yellow Rice with Shrimp(447) Mixed Veg(17) Cornbread Loaf(180) 2 Fresh Clementines(1)	10 Haitian Stewed Chicken Drumstick(337) Yucca(34) Kale & Red Peppers(14) Wheat Bread(135) Fresh Pear(1)	11 "Pastelon" Latin Beef Lasagna with Plantains(290) Brussels Sprouts(23) Wheat Roll(135) Brownie(108)	12 Chicken Sofrito(142) Yellow Rice(25) Green Peas(6) Wheat Bread(135) Peaches in tray(5)
635 cal; 574mg sodium	930 cal; 800mg sodium	670 cal; 676mg sodium	889 cal; 711mg sodium	685 cal; 468mg sodium
15 Pork Linguica with Onions(675)* White Rice(25) California Veg(45) Cornbread Loaf(180) Oatmeal Cookie(105)	16 Curried Beef with Veg(134) Mashed Potato(113) Brussels Sprouts(23) Cornbread Loaf(180) Fresh Apple(1)	17 BBQ Jerk Chicken(665)* Yucca(34) Green Beans with Red Peppers(6) Wheat Bread(135) Pudding(135)	18 "Pastel de Atun" Tuna in Pastry(418) Rice & Pigeon Peas(64) Corn & Red Peppers(6) Wheat Roll(135) Fresh Banana(1)	19 Latin Shepherd's Pie with Beef, Plantains, & Potato(202) Corn & Red Peppers(6) Wheat Roll(135) Pears in tray(5)
1047 cal; 1185mg sodium	727 cal; 546mg sodium	722 cal; 1130mg sodium	737 cal; 779mg sodium	749 cal; 503mg sodium
22 Dominican Style Roast Turkey(471) Sweet Potato(37) Green Beans(6) Biscuit(440) Peaches in tray(5)	23 Caribbean Jerk Pork(430) Black-Eyed Peas(164) Tuscan Veg(31) Wheat Bread(135) Fresh Banana(1)	24 Creamy Cajun Chicken(545)* Whole Grain Pasta(0) California Veg(36) Wheat Roll(135) Yogurt(50)	25 Cheeseburger(370) Potato Wedges(25) Carrots(30) Hamburger Bun(300) Lorna Doones(147) Ketchup packet(85)	26 "Pescado con Coco" Fish with Coconut Milk Sauce(390) Sweet Potato(37) Veg Medley(18) Garlic Toast(350) Applesauce in tray(14)
786 cal; 1114mg sodium	795 cal; 916mg sodium	706 cal; 921mg sodium	902 cal; 1112mg sodium	924 cal; 964mg sodium
29 SITES CLOSED 	30 Jamaican Beef Patty(470) Yellow Rice(25) Mixed Veg(17) Wheat Roll(135) Fresh Apple(1)	31 HIGH SODIUM MEAL Jambalaya with Turkey Kielbasa(502)* Roasted Potato(120) Carrots(30) Cornbread Loaf(180) Frosted Banana Cake(260)	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 save items such as bread, milk, or dessert & have them with another meal or snack.
Memorial Day	809 cal; 932mg sodium	876 cal; 1247mg 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.				