

CARIBBEAN MENU

ELDER NUTRITION PROGRAM

Barnstable County SEPTEMBER 2023

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



Elder Services
of Cape Cod and the Islands



Menu subject to change without notice.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>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.</i></p>	<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>1 Beef Empanada(630)* Plantains(3) Tuscan Blend Veg(30) Wheat Bread(135) Pineapple in tray(1)</p>
				701 cals; 954mg sodium
<p>4 SITES CLOSED</p>	<p>5 Haitian Stewed Chicken Drumstick(337) Yucca(34) Vegetable Medley(24) Wheat Bread(135) Lorna Doones(147)</p>	<p>6 Caribbean Beef with Peppers & Onions(146) Roasted Potatoes(120) Mixed Vegetables(24) Hawaiian Dinner Roll(80) Fresh Banana(1)</p>	<p>7 Cod with Stewed Tomatoes(480) White Rice w/ Lentils(25) Kale & Red Peppers(14) Wheat Bread(135) Fresh Apple(1)</p>	<p>8 BBQ Chicken Thigh(530)* Baked Beans(140) Carrots(30) Wheat Roll(135) Pears in tray(5)</p>
LABOR DAY	785 cals; 832mg sodium	647 cals; 526mg sodium	597 cals; 810mg sodium	681 cals; 995mg sodium
<p>11 "Pastelon" Latin Beef Lasagna with Plantains(290) Green Beans with Red Peppers(6) Wheat Bread(135) Yogurt(50)</p>	<p>12 Curried Beef with Vegetables(134) Mashed Potatoes(113) Zucchini Squash(9) Wheat Bread(135) Iced Chocolate Cake(182)</p>	<p>13 "Arroz con Camarones" White Rice with Shrimp(447) Mixed Vegetables(24) Wheat Roll(135) Two Clementines(1)</p>	<p>14 Jerk Chicken(215) Yucca(34) Green Beans with Red Peppers(6) Pita Bread(215) Fresh Banana(1)</p>	<p>15 Latin Shepherd's Pie with Beef, Plantains, & Potato(202) Brussels Sprouts(23) Challah Bread(180) Applesauce in tray(14)</p>
797 cals; 636mg sodium	821 cals; 728mg sodium	786 cals; 762mg sodium	720 cals; 626mg sodium	800 cals; 574mg sodium
<p>18 HIGH SODIUM MEAL Pork Linguica with Onions(675)* White Rice(25) Corn with Peppers(6) Wheat Bread(135) Pound Cake(240)</p>	<p>19 Dominican Style Roast Turkey(610)* Mashed Potatoes(113) Mixed Vegetables(24) Cornbread Loaf(180) Fresh Banana(1)</p>	<p>20 Creamy Cajun Chicken with Pasta(187) Broccoli(6) Wheat Roll(135) Fresh Grapes(2)</p>	<p>21 Caribbean Jerk Pork(430) Black-Eyed Peas(164) Tuscan Blend Veg(30) Wheat Bread(135) Pudding(135)</p>	<p>22 Beef Picadillo(108) Roasted Potatoes(120) Corn with Peppers(6) Biscuit(310) Mixed Fruit in tray(10)</p>
1038 cals; 1236mg sodium	695 cals; 1083mg sodium	703 cals; 485mg sodium	780 cals; 1049mg sodium	852 cals; 709mg sodium
<p>25 "Pescado con Coco" Fish with Coconut Milk Sauce(380) Sweet Potatoes(37) Brussels Sprouts(23) Cornbread Loaf(180) Applesauce Cup(15)</p>	<p>26 Chicken Sofrito(142) Yellow Rice(25) Vegetable Medley(24) Wheat Bread(135) Banana Cake(260)</p>	<p>27 Salt Cod Fritters(205) Mashed Potatoes(113) Green Peas(6) Wheat Bread(135) Fresh Pear(1)</p>	<p>28 Jamaican Beef Patty(470) Stewed Beans(186) Mixed Vegetables(24) Wheat Roll(135) Yogurt(50)</p>	<p>29 Cape Verde Cachupa Rica(568)* White Rice(25) Broccoli(6) Pita Bread(215) Peaches in tray(5)</p>
900 cals; 790mg sodium	841 cals; 741mg sodium	770 cals; 615mg sodium	785 cals; 1020mg sodium	785 cals; 974mg sodium
<p>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.</p>				