

CARIBBEAN MENU



Elder Services
of Cape Cod and the Islands




ELDER NUTRITION PROGRAM

Barnstable County NOVEMBER 2023

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

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 Brazilian Chicken(145) Yellow Rice(25) Broccoli(6) Wheat Roll(135) Fresh Grapes(2)</p>	<p>2 Caribbean Beef with Peppers & Onions(146) Plantains(3) Kale & Red Peppers(14) Wheat Roll(135) Yogurt(50)</p>	<p>3 Cod with Stewed Tomatoes(479) Rice & Beans(93) Carrots(30) Cornbread mini-loaf(180) Mixed Fruit in tray(10)</p>
		846 cal; 468mg sodium	620 cal; 503mg sodium	774 cal; 947mg sodium
<p>6 Haitian Stewed Drumstick(337) Yucca(34) Veg Medley(24) Biscuit(310) Peaches in tray(5)</p>	<p>7 "Arroz con Camarones" Rice with Shrimp(447) Mixed Veg(24) Cornbread mini-loaf(180) Yogurt(50)</p>	<p>8 Curried Beef with Veggies(133) Roast Potatoes(120) Brussels Sprouts(23) Wheat Roll(135) Cake(240)</p>	<p>9 Pork Linguica with Onions(675)* White Rice(25) Broccoli(6) Wheat Bread(135) Pineapple in tray(1)</p>	<p>10 SITES CLOSED</p> 
768 cal; 865mg sodium	933 cal; 856mg sodium	746 cal; 806mg sodium	917 cal; 997mg sodium	
<p>13 "Pastelon" Latin Beef Lasagna with Plantains(288) Green Beans with Red Peppers(6) Wheat Bread(135) Mixed Fruit in tray(10)</p>	<p>14 Caribbean Jerk Pork(430) Roast Potatoes(120) Mixed Veg(24) Wheat Roll(135) Fresh Banana(1)</p>	<p>15 Creamy Cajun Chicken with Pasta(658)* Broccoli(6) Blueberry Muffin(200) Yogurt(50)</p>	<p>16 HIGH SODIUM MEAL Roast Turkey with Gravy(643)* Mashed Potato(113) Carrots(30) Wheat Bread(135) Banana Cake(260)</p>	<p>17 Beef Picadillo(109) White Rice(25) Brussels Sprouts(23) Cornbread mini-loaf(180) Pears in tray(5)</p>
718 cal; 594mg sodium	710 cal; 865mg sodium	884 cal; 1069mg sodium	848 cal; 1336mg sodium	796 cal; 497mg sodium
<p>20 "Pescado con Coco" Fish with Coconut Milk Sauce(380) Sweet Potato(37) Corn with Peppers(6) Hawaiian Dinner Roll(80) Pineapple in tray(1)</p>	<p>21 Chicken Sofrito(142) Yellow Rice(25) California Veg(46) Wheat Roll(135) Peaches in tray(5)</p>	<p>22 Salt Cod Fritters(205) White Rice(25) Broccoli(6) Wheat Bread(135) Pears in tray(5)</p>	<p>23 SITES CLOSED</p>	<p>24 SITES CLOSED</p> 
820 cal; 659mg sodium	667 cal; 508mg sodium	810 cal; 531mg sodium		
<p>27 Latin Shepherd's Pie with Beef, Plantains, & Potato(202) Veg Medley(24) Wheat Roll(135) Yogurt(50)</p>	<p>28 HIGH SODIUM MEAL Cachupa Rica with Fried Egg(728)* Yellow Rice(25) Green Beans with Red Peppers(6) Wheat Bread(135) Iced Choc. Cake(182)</p>	<p>29 Chicken with Chorizo Creole Sauce(350) Mashed Potato(113) Green Peas(6) Cornbread mini-loaf(180) Fresh Orange(0)</p>	<p>30 Jambalaya with Chicken & Turkey Kielbasa(502)* White Rice(25) Carrots(30) Wheat Roll(135) Fresh Banana(1)</p>	
760 cal; 566mg sodium	984 cal; 1231mg sodium	797 cal; 804mg sodium	646 cal; 848mg 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.