

CARIBBEAN MENU



Elder Services
of Cape Cod and the Islands



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

ELDER NUTRITION PROGRAM

Barnstable County APRIL 2024

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

Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 "Pescado con Coco" Fish with Coconut Milk Sauce(380) Sweet Potato(37) Broccoli(6) Wheat Roll(135) Pudding(135)	2 Dominican Chicken(160) White Rice(25) Mixed Veg(24) Wheat Bread(135) Fresh Banana(1)	3 "Sancocho" Stew with Beef & Potato(150) Rice & Lentils(25) Carrots(30) Wheat Roll(135) Chocolate Cake(182)	4 Pork Linguica with Onions(662)* Yellow Rice(25) Brussels Sprouts(23) Wheat Bread(135) Fresh Apple(1)	5 Caribbean Jerk Chicken(215) Yucca(34) Collards, Corn, & Peppers(35) Garlic Toast(350) Pears in tray(5)
880 cals; 848mg sodium	730 cals; 500mg sodium	928 cals; 677mg sodium	758 cals; 1001mg sodium	816 cals; 764mg sodium
8 "Bacalao" Cod(150) Rice & Beans(93) Tuscan Veg(30) Wheat Roll(135) Strawberries in tray(2)	9 Jambalaya with Turkey Kielbasa(502)* Mashed Potato(160) Green Peas(6) Wheat Bread(135) Fresh Grapes(2)	10 Crispy Chicken(340) Black-Eyed Peas(165) Carrots(30) Biscuit(310) Pudding(135)	11 Beef Picadillo(108) Roast Potato(120) Zucchini Squash(6) Wheat Bread(135) Lorna Doones(147)	12 "Arroz con Camarones" Rice with Shrimp(447) Kale & Peppers(14) Cornbread(180) Apple Slices in tray(10)
683 cals; 565mg sodium	605 cals; 960mg sodium	845 cals; 1135mg sodium	603 cals; 671mg sodium	953 cals; 806mg sodium
15 SITES CLOSED 	16 HIGH SODIUM MEAL Braised Chickpeas & Chorizo(785)* Plantains(3) Veg Medley(24) Wheat Roll(135) Pound Cake(240)	17 Pork & Bean Stew(175) Roast Potato(120) Brussels Sprouts(23) Garlic Toast(350) Fresh Banana(1)	18 BBQ Jerk Chicken Drumstick(623)* Yellow Rice(25) Carrots(30) Muffin(180) 2 Fresh Clementines(1)	19 Haitian Spaghetti with Beef(700)* Green Beans with Red Pepper(6) Wheat Bread(135) Mango in tray(0)
PATRIOT'S DAY	802 cals; 1342mg sodium	630 cals; 824mg sodium	819 cals; 1014mg sodium	686 cals; 996mg sodium
22 Lentil Okra Coconut Stew(240) Brown Rice & Pigeon Peas(61) Wheat Roll(135) Banana Cake(260)	23 Caribbean Beef with Peppers & Onions(147) Rice & Beans(93) California Veg(46) Wheat Bread(135) Fresh Banana(1)	24 Garlic Butter Salmon with Lemon Wedge(163) Orzo Primavera(25) Carrots(30) Wheat Bread(135) Fresh Grapes(2)	25 Cachupa Rica(568)* White Rice(25) Corn with Peppers(6) Wheat Roll(135) Yogurt(50)	26 Tuna Pastel with Lemon(418) Yellow Rice & Pigeon Peas(61) Garlic Spinach(56) Cornbread(180) Apple Slices in tray(10)
950 cals; 857mg sodium	719 cals; 577mg sodium	783 cals; 510mg sodium	751 cals; 939mg sodium	953 cals; 880mg sodium
29 Curried Chicken(150) Mashed Potato(160) Broccoli(6) Wheat Bread(135) Yogurt(50)	30 BBQ Jerk Pork(595)* Yucca(34) Green Peas(6) Wheat Roll(135) Dried Cranberries(2) in Single-Serving Box	<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>	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35 *indicates item w/ more than 500mg sodium.	 APRIL
590 cals; 656mg sodium	726 cals; 927mg 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.