

ELDER NUTRITION PROGRAM

Barnstable County MAY 2024

Reservations & Cancellations must be made three 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><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 Haitian Stewed Drumstick(337) White Rice w/Lentils(25) Green Beans with Red Pepper(6) Wheat Bread(135) Lorna Doones(147)</p>	<p>2 Caribbean Fish Curry(409) Yellow Rice(25) Broccoli(6) Wheat Roll(135) Fresh Banana(1)</p>	<p>3 "Arroz con Pollo" Chicken with White Rice(25) Brussels Sprouts(23) Cornbread mini loaf(180) Mango in tray(0)</p>
		778 cal; 805mg sodium	578 cal; 731mg sodium	745 cal; 573mg sodium
<p>6 Latin Shepherd's Pie with Beef, Plantains, & Potato(202) Carrots(30) Wheat Bread(135) Yogurt(50)</p>	<p>7 Chicken Sofrito(170) Rice & Beans(93) Beets & Greens(93) Hawaiian Dinner Roll(80) 2 Fresh Clementines(1)</p>	<p>8 Curried Beef with Veggies(133) Roasted Potato(120) Mixed Veg(124) Wheat Roll(135) Banana Cake(260)</p>	<p>9 Creamy Cajun Salmon(165) Whole Grain Pasta(0) Veg Medley(24) Wheat Bread(135) Raisins(4) in single-serving box</p>	<p>10 "Pastelon" Latin Beef Lasagna with Plantains(288) Green Peas(6) Wheat Bread(135) Peaches in tray(5)</p>
745 cal; 572mg sodium	726 cal; 572mg sodium	910 cal; 827mg sodium	715 cal; 483mg sodium	797 cal; 589mg sodium
<p>13 HIGH SODIUM MEAL Caribbean Jerk Pulled Pork with Mango Salsa(730)* White Rice w/Lentils(25) California Veg(46) Wheat Roll(135) Pudding(135)</p>	<p>14 Caribbean Stewed Beef(130) Rice & Beans(93) Mixed Veg(124) Wheat Bread(135) Fresh Banana(1)</p>	<p>15 Pork Linguica with Onions(660)* White Rice(25) Carrots(30) Muffin(190) 2 Clementines(1)</p>	<p>16 Jambalaya with Chicken & Turkey Kielbasa(502)* White Rice(25) Brussels Sprouts(23) Wheat Roll(135) Chocolate Cake(182)</p>	<p>17 Jerk Chicken(185) Yucca(34) Green Beans with Red Pepper(6) Wheat Bread(135) Apple Slices in tray(10)</p>
843 cal; 1226mg sodium	728 cal; 539mg sodium	881 cal; 1061mg sodium	914 cal; 1022mg sodium	626 cal; 525mg sodium
<p>20 Lentil-Okra Stew(240) Brown Rice & Pigeon Peas(60) Tuscan Veg(30) Biscuit(310) Strawberries in tray(2)</p>	<p>21 Jamaican Beef Patty(470) Yellow Rice(25) Veg Medley(24) Wheat Bread(135) Pound Cake(240)</p>	<p>22 Creamy Cajun Chicken(315) Whole Grain Pasta(0) Zucchini Squash(90) Wheat Roll(135) Pudding(135)</p>	<p>23 Cheeseburger(300) LS Potato Wedges(25) Carrots(30) LS Hamburger Bun(120) Fresh Banana(1) Ketchup pkt(85)</p>	<p>24 Tuna Pastel with Lemon(418) White Rice w/Lentils(25) Broccoli(6) Cornbread mini loaf(180) Pineapple in tray(1)</p>
940 cal; 797mg sodium	881 cal; 1049mg sodium	625 cal; 749mg sodium	725 cal; 716mg sodium	914 cal; 785mg sodium
<p>27 SITES CLOSED</p> <p>MEMORIAL DAY</p>	<p>28 Cape Verde Cachupa Rica(568)* Roasted Potato(120) Green Peas(6) Wheat Roll(135) Yogurt(50)</p>	<p>29 Chicken with Chorizo Creole Sauce(380) Mashed Potato(160) Mixed Veg(124) Wheat Bread(135) Dried Cranberries(2) in single-serving box</p>	<p>30 Beef Picadillo White Rice(25) Tuscan Veg(30) Wheat Roll(135) Fresh Grapes(2)</p>	<p>31 Pork & Bean Stew(235) Yellow Rice(25) Kale & Red Pepper(14) Garlic Toast(350) Apple Slices in tray(10)</p>
	708 cal; 1034mg sodium	673 cal; 856mg sodium	705 cal; 456mg sodium	760 cal; 789mg 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.