

ELDER NUTRITION PROGRAM

Barnstable County AUGUST 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
<i>In order to reduce sodium at this meal, you may want to omit condiments and/or save items such as bread, milk, or dessert & have them with another meal or snack.</i>	<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 Picadillo(109) White Rice(25) Veg Medley(24) Wheat Bread(135) Pudding(135)</p>	<p>2 Caribbean Jerk Pork(185) Yucca(34) Mixed Veg(50) Garlic Bread(350) Peaches(5) in tray</p>
			685 cals; 583mg sodium	903 cals; 779mg sodium
<p>5 Bacalao Salt Cod(150) Rice & Beans(93) Corn with Peppers(35) Wheat Bread(135) Dried Cranberries(2)</p>	<p>6 Jambalaya with Kielbasa(515)* Mashed Potato(124) Green Beans with Red Peppers(20) Wheat Roll(135) Pound Cake(240)</p>	<p>7 COLD PLATE Shrimp Ceviche with Tomato/Onion/Cilantro over Spinach(400) Lentils & White Rice(25) Black-Eyed Pea Salad(156) Wheat Roll(135) Fresh Grapes(2)</p>	<p>8 Haitian Stewed Chicken Drumstick(140) Yucca(34) Green Peas(20) Fresh Peach(0) Cornbread(180)</p>	<p>9 Caribbean Beef with Peppers & Onions(110) Roasted Potato(120) Carrots(55) Wheat Bread(135) Apple Slices(0) in tray</p>
842 cals; 570mg sodium	750 cals; 1189mg sodium	749 cals; 873mg sodium	800 cals; 529mg sodium	693 cals; 575mg sodium
<p>12 Braised Chickpeas & Chorizo(785)* Plantains(3) Zucchini Squash(20) Wheat Roll(135) Raisins(4)</p>	<p>13 HIGH SODIUM MEAL BBQ Jerk Chicken(623)* Yellow Rice(25) Green Beans with Red Peppers(20) Wheat Bread(135) Banana Cake(260)</p>	<p>14 Lentil Okra Coconut Stew(240) Roasted Potato(120) Broccoli(30) Wheat Bread(135) 2 Clementines(1)</p>	<p>15 Curried Chicken(150) White Rice(25) Beets & Greens(118) Wheat Bread(135) Yogurt(50)</p>	<p>16 Haitian Spaghetti with Beef(700)* Tuscan Veg(26) Cornbread(180) Mango(0) in tray</p>
745 cals; 1102mg sodium	958 cals; 1218mg sodium	780 cals; 681mg sodium	715 cals; 633mg sodium	847 cals; 1061mg sodium
<p>19 Pork Empanada with Lime Wedge(545)* Brown Rice & Pigeon Peas(61) Carrots(56) Muffin(120) Yogurt(50)</p>	<p>20 Beef Picadillo(147) Rice & Beans(93) Zucchini Squash(20) Wheat Bread(135) Fresh Banana(0)</p>	<p>21 Stewed Tomato White Fish(325) Yellow Rice(25) California Veg(35) Wheat Roll(135) Fig Newton(210)</p>	<p>22 "Frango Assado" Brazilian Chicken(172) Yucca(34) Broccoli(30) Garlic Bread(350) Fresh Peach(0)</p>	<p>23 COLD PLATE Tuna in Olive Oil with Chickpeas, Boiled egg, Onions, & Peppers(250) Rice & Pigeon Pea Salad(65) Cilantro Lime Coleslaw(70) Wheat Bread(135) Pears(5) in tray</p>
987 cals; 987mg sodium	710 cals; 550mg sodium	850 cals; 885mg sodium	728 cals; 741mg sodium	745 cals; 680mg sodium
<p>26 Cape Verdean Cachupa Rica(568)* White Rice(25) Garlic Kale(31) Wheat Bread(135) Lorna Doones(147)</p>	<p>27 "Arroz con Camarones" Shrimp with Rice(447) Green Beans with Red Peppers(20) Wheat Roll(135) Pudding(135)</p>	<p>28 Pork with Pineapple-Mango Salsa(185) Plantains(3) Veg Medley(54) 4 Mini Pita Rounds(215) Fresh Peach(0)</p>	<p>29 Creamy Cajun Chicken with Pasta(315) Broccoli(30) Cornbread(180) Fresh Grapes(2)</p>	<p>30 Dominican Style Roast Turkey(440) Baked Sweet Potato(30) Carrots(56) Biscuit(310) Apple Slices(0) in tray</p>
816 cals; 1061mg sodium	696 cals; 892mg sodium	928 cals; 612mg sodium	869 cals; 682mg sodium	818 cals; 991mg 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.