

**CARIBBEAN MENU**



# Elder Services

of Cape Cod and the Islands



**ELDER NUTRITION PROGRAM**

**Barnstable County JULY 2024**

**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
<b>1</b> Cape Verde Cachupa Rica(568)* White Rice(25) Kale & Peppers(14) Wheat Bread(135) Iced Choc. Cake(182)	<b>2</b> Caribbean Fish Curry(409) Yellow Rice(25) California Veg(46) Wheat Roll(135) Fresh Grapes(0)	<b>3</b> BBQ Chicken Sandwich(385) LS Potato Wedges(25) Zucchini Squash(9) LS Hamburger Bun(80) Fresh Banana(0) Ketchup pkt(85)	<b>4 SITES CLOSED</b> 	<b>5</b> Latin Shepherd's Pie with Beef, Plantains, & Potato(202) Corn with Peppers(6) Wheat Bread(135) Pears(5) in tray
<b>992 cal; 1079mg sodium</b>	<b>676 cal; 770mg sodium</b>	<b>670 cal; 739mg sodium</b>		<b>755 cal; 503mg sodium</b>
<b>8</b> "Arroz con Pollo" Chicken with White Rice(215) Broccoli(6) Garlic Toast(350) Yogurt(50)	<b>9</b> Jambalaya with Chicken & Turkey Kielbasa(502)* White Rice(25) Veg Medley(24) Wheat Roll(135) 2 Fresh Clementines(0)	<b>10</b> "Pastelon" Latin Beef Lasagna with Plantains(288) Mixed Veg(24) Wheat Bread(135) Pound Cake(240)	<b>11 COLD PLATE</b> Shrimp Ceviche with Tomato, Onion, Cilantro, & White Rice(400) Black-Eyed Pea Salad(156) 1/2 Pita Bread(215) Fresh Pear(0)	<b>12</b> Creamy Cajun Chicken(315) Whole Grain Pasta(0) Green Beans with Peppers(6) Cornbread mini-loaf(180) Strawberries(0) in tray
<b>745 cal; 776mg sodium</b>	<b>651 cal; 841mg sodium</b>	<b>857 cal; 842mg sodium</b>	<b>772 cal; 926mg sodium</b>	<b>815 cal; 656mg sodium</b>
<b>15</b> Jerk Pulled Pork with Mango Salsa(730)* White Rice & Lentils(25) Carrots(30) Wheat Roll(135) Raisins(0) in single-serving bag	<b>16</b> Caribbean Stewed Beef(130) Roasted Potato(120) Mixed Veg(24) Wheat Bread(135) Lorna Doones(147)	<b>17</b> Pork Linguica with Onions(660)* White Rice(25) Green Peas(6) Wheat Roll(135) Grapes(0)	<b>18</b> Jerk Chicken(185) Yucca(34) Brussels Sprouts(23) Muffin(120) Yogurt(50)	<b>19</b> Tuna Pastel with Lemon(418) Yellow Rice(25) Tuscan Veg(30) Cornbread mini-loaf(180) Apple Slices(10) in tray
<b>815 cal; 1075mg sodium</b>	<b>745 cal; 711mg sodium</b>	<b>795 cal; 981mg sodium</b>	<b>816 cal; 567mg sodium</b>	<b>944 cal; 818mg sodium</b>
<b>22</b> Lentil-Okra Stew(240) Brown Rice & Pigeon Peas(60) California Veg(46) Wheat Bread(135) Pudding(135)	<b>23</b> Jamaican Beef Patty(470) White Rice & Lentils(25) Zucchini Squash(9) Wheat Roll(135) Fig Newtons(210)	<b>24</b> Creamy Cajun Salmon(165) Mashed Potato(160) Carrots(30) Wheat Bread(135) Fresh Apple(0)	<b>25</b> Chicken Sofrito(170) Rice & Beans(93) Mixed Veg(24) Dinner Roll(250) Fresh Grapes(0)	<b>26 COLD PLATE</b> Tuna in Olive Oil with Chickpeas, Boiled Egg, Onions, & Peppers(250) Rice & Pigeon Pea Salad(65) Cilantro Lime Coleslaw(70) Biscuit(310) Pineapple(1) in tray
<b>770 cal; 771mg sodium</b>	<b>930 cal; 1004mg sodium</b>	<b>680 cal; 645mg sodium</b>	<b>766 cal; 692mg sodium</b>	<b>835 cal; 851mg sodium</b>
<b>39 HIGH SODIUM MEAL</b> Cape Verde Cachupa Rica(568)* Roasted Potato(120) Kale & Peppers(14) Wheat Roll(135) Banana Cake(260)	<b>30</b> Chicken with Chorizo Creole Sauce(380) Mashed Potato(160) Green Peas(6) Cornbread mini-loaf(180) Fresh Grapes(0)	<b>31</b> Pork & Bean Stew(235) Yellow Rice(25) Broccoli(6) Wheat Bread(135) 2 Fresh Clementines(0)	Thank you for your <b>voluntary donation of \$4.00 per meal towards actual cost of \$12.35</b>  *indicates item w/ more than 500mg sodium.	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.
<b>868 cal; 1252mg sodium</b>	<b>840 cal; 881mg sodium</b>	<b>690 cal; 556mg sodium</b>		

**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.