

ELDER NUTRITION PROGRAM

Barnstable County SEPTEMBER 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>2 SITES CLOSED</p>	<p>3 "Bistec Encebollado" Puerto Rican Steak & Onions(197) Yellow Rice(25) Green Beans with Red Peppers(20) Garlic Bread(350) Applesauce Cup(15)</p>	<p>4 Latin Shepherd's Pie with Beef, Plantains, & Potato(202) Mixed Veg(50) Wheat Roll(135) Chocolate Cake(182)</p>	<p>5 Homemade Oven Fried Chicken(250) Sweet Potato Wedges(150) California Veg(34) Cornbread(180) Fresh Banana(1)</p>	<p>6 "Arroz con Pollo" Chicken with Rice(215) Corn with Peppers(6) Wheat Bread(135) Pineapple(1) in tray</p>
	875 cal; 742mg sodium	988 cal; 704mg sodium	1006 cal; 750mg sodium	675 cal; 492mg sodium
<p>9 Caribbean Fish Curry(409) Yellow Rice(25) Broccoli(6) Breadstick(260) Applesauce Cup(15)</p>	<p>10 Jambalaya with Chicken & Turkey Kielbasa(502)* White Rice(25) Veg Medley(54) Wheat Roll(135) Banana Cake(260)</p>	<p>11 Cod with Stewed Tomatoes(325) Rice & Beans(93) Mixed Veg(50) Wheat Bread(135) Yogurt(50)</p>	<p>12 Creamy Cajun Chicken with Pasta(315) Green Beans with Red Peppers(20) Biscuit(310) Fresh Pear(1)</p>	<p>13 "Pastelon" Latin Beef Lasagna with Plantains(288) California Veg(34) Wheat Bread(135) Mixed Fruit(10) in tray</p>
740 cal; 850mg sodium	925 cal; 1111mg sodium	630 cal; 788mg sodium	883 cal; 781mg sodium	606 cal; 602mg sodium
<p>16 Carib. Jerk Pulled Pork with Mango Salsa(730)* White Rice & Lentils(25) Carrots(30) Wheat Roll(135) Pudding(135)</p>	<p>17 Curried Beef(195) Roasted Potato(120) Mixed Veg(50) Wheat Bread(135) Pound Cake(240)</p>	<p>18 Jerk Chicken(185) Yucca(34) Green Peas(20) Wheat Roll(135) Fresh Banana(1)</p>	<p>19 Pork Linguica with Onions(660)* White Rice(25) Brussels Sprouts(23) Wheat Bread(135) 2 Fresh Clementines(1)</p>	<p>20 Tuna Pastel with Lemon(418) Yellow Rice(25) Carrots(30) Wheat Bread(135) Apple Slices(10) in tray</p>
910 cal; 1190mg sodium	976 cal; 875mg sodium	720 cal; 510mg sodium	775 cal; 979mg sodium	695 cal; 753mg sodium
<p>23 Lentil-Okra Stew(240) Brown Rice & Pigeon Peas(60) California Veg(34) Wheat Bread(135) Fig Newtons(210)</p>	<p>24 Chicken with Chorizo Creole Sauce(380) White Rice(25) Zucchini Squash(20) Muffin(120) Fresh Grapes(2)</p>	<p>25 Creamy Cajun Salmon(165) Mashed Potato(160) Green Beans(20) Wheat Bread(135) Fresh Pear(1)</p>	<p>26 Cape Verde Cachupa Rica(568)* Roasted Potato(120) Mixed Veg(50) Wheat Bread(135) Yogurt(50)</p>	<p>27 Chicken Sofrito(170) Rice & Beans(93) Kale & Red Peppers(30) Garlic Bread(350) Mango(0) in tray</p>
773 cal; 814mg sodium	758 cal; 682mg sodium	756 cal; 616mg sodium	738 cal; 1058mg sodium	1005 cal; 778mg sodium
<p>30 Beef Picadillo(109) White Rice(25) Broccoli(6) Wheat Roll(135) Applesauce Cup(15)</p>	<p><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>	<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>		
682 cal; 425mg 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 105mg sodium.