

CARIBBEAN MENU



Elder Services
of Cape Cod and the Islands



ELDER NUTRITION PROGRAM

Barnstable County OCTOBER 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 |
|--|---|---|--|---|
| <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> | 1 Pork & Bean Stew(235) Yellow Rice(25) Green Peas(20) Wheat Bread(135) Chocolate Cake(182) | 2 Haitian Stewed Chicken Drumstick(140) Yucca(15) Green Beans with Red Peppers(20) Hawaiian Dinner Roll(80) Fresh Grapes(2) | 3 Caribbean Beef with Peppers & Onions(154) Mashed Potato(124) Broccoli(29) Garlic Bread(350) Yogurt(50) | 4 Braised Chickpeas & Chorizo(545)* Plantains(4) Black Beans & Corn(88) Wheat Bread(135) Pears(5) in tray |
| | 926 cal; 732mg sodium | 611 cal; 392mg sodium | 791 cal; 842mg sodium | 706 cal; 912mg sodium |
| 7 Pastel de Tuna(448) White Rice & Lentils(25) Carrots(50) Wheat Bread(135) Apple Slices(10) in tray | 8 BBQ Jerk Chicken(519)* Yellow Rice(25) Veg Medley(54) Wheat Roll(135) Pound Cake(240) | 9 Lentil Okra Coconut Stew(75) Roasted Potato(120) Mixed Veg(50) Wheat Bread(135) Fresh Banana(1) | 10 Haitian Spaghetti with Beef(772)* Green Peas(20) Wheat Roll(135) Pudding(135) | 11 Pumpkin & Cheese Ravioli's with Sage Cream Sauce(373) Broccoli(29) Garlic Bread(350) Mixed Fruit(10) in tray |
| 670 cal; 803mg sodium | 840 cal; 1108mg sodium | 750 cal; 516mg sodium | 833 cal; 1197mg sodium | 935 cal; 897mg sodium |
| 14 SITES CLOSED  | 15 Pork Empanada with Lime Wedge(296) Brown Rice & Pigeon Peas(143) Carrots(56) Wheat Bread(135) Applesauce Cup(15) | 16 Beef Picadillo(153) Rice & Beans(140) Mixed Veg(50) Muffin(120) 2 Clementines(1) | 17 Stewed Tomato White Fish(264) Yellow Rice(25) Kale & Peppers(29) Wheat Bread(135) Fig Newtons(210) | 18 "Frango Assado" Brazilian Chicken(123) Yucca(15) Green Beans with Red Peppers(20) Biscuit(310) Mixed Fruit(10) in tray |
| | 895 cal; 780mg sodium | 894 cal; 599mg sodium | 755 cal; 798mg sodium | 807 cal; 613mg sodium |
| 21 Cape Verdean Cachupa Rica(275) White Rice(25) Brussels Sprouts(26) Wheat Bread(135) Yogurt(50) | 22 "Arroz con Camarones" Shrimp with Rice(442) Veg Medley(54) Wheat Roll(135) Fresh Grapes(2) | 23 Pork with Pineapple-Mango Salsa(167) Plantains(4) Broccoli(29) Wheat Roll(135) Lorna Doones(147) | 24 Dominican Style Roast Turkey(425) Baked Sweet Potato(30) Carrots(56) Wheat Bread(135) 2 Clementines(1) | 25 Creamy Cajun Chicken with Pasta(249) California Veg(34) Garlic Bread(350) Apple Slices(10) in tray |
| 711 cal; 646mg sodium | 681 cal; 768mg sodium | 660 cal; 617mg sodium | 638 cal; 782mg sodium | 900 cal; 778mg sodium |
| 28 "Bistec Encebollado" Puerto Rican Steak & Onions(255) Yellow Rice(25) Garlic Kale(31) Wheat Roll(135) Pudding(135) | 29 Caribbean Jerk Pork(388) Yucca(15) California Veg(34) Biscuit(310) Fresh Banana(1) | 30 Bacalao Salt Cod(232) Rice & Beans(140) Green Peas(20) Wheat Bread(135) Applesauce Cup(15) | 31 Happy Halloween! Curried Chicken(195) Mashed Potato(124) Mixed Veg(50) Garlic Bread(350) Chocolate Chip Brownie(90) | Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35 <i>*indicates item with more than 500mg sodium.</i> |
| 796 cal; 716mg sodium | 769 cal; 883mg sodium | 780 cal; 677mg sodium | 1076 cal; 945mg 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.