

ELDER NUTRITION PROGRAM

Barnstable County NOVEMBER 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 omit condiments and/or save items such as bread, milk, or dessert & have them with another meal or snack.</i></p>	<p>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</p> <p><i>*indicates item with more than 500mg sodium.</i></p>			<p>1 Sancocho with beef, chicken, potatoes, & yucca(287) Carrots(56) Wheat Bread(135) Mixed Fruit in tray(10)</p>
636 cal; 623mg sodium				
<p>4 Caribbean Fish Curry(150) Yellow Rice(25) Black Beans, Corn, & Peppers(60) Wheat Roll(135) Pudding(135)</p>	<p>5 Jambalaya with Chicken & Turkey Kielbasa(463) White Rice(25) Brussels Sprouts(26) Wheat Bread(135) Pound Cake(240)</p>	<p>6 Cod with Stewed Tomatoes(264) Rice & Beans(140) Green Beans with Red Peppers(20) Wheat Bread(135) Fresh Banana(1)</p>	<p>7 Creamy Cajun Chicken(245) Whole Grain Pasta(4) Mixed Root Veg(65) Wheat Roll(135) Fresh Grapes(2)</p>	<p>8 "Pastelon" Latin Beef Lasagna with Plantains(277) Carrots(56) Garlic Bread(350) Pears in tray(5)</p>
832 cal; 640mg sodium				
635 cal; 1024mg sodium				
793 cal; 695mg sodium				
728 cal; 586mg sodium				
1032 cal; 823mg sodium				
<p>11 SITES CLOSED</p>	<p>12 Caribbean Jerk Pulled Pork with Mango Salsa(168) White Rice & Lentils(25) California Veg(34) Wheat Bread(135) Applesauce Cup(15)</p>	<p>13 Jerk Chicken(519)* Yucca(15) Green Beans with Red Peppers(20) Wheat Roll(135) Banana Cake(260)</p>	<p>14 Pork Linguica with Onions(662)* White Rice(25) Carrots(56) Wheat Bread(135) 2 Fresh Clementines(1)</p>	<p>15 Tuna Pastel with Lemon(481) Yellow Rice(25) Corn with Peppers(21) Wheat Bread(135) Strawberries in tray(2)</p>
706 cal; 512mg sodium				
919 cal; 1084mg sodium				
865 cal; 1014mg sodium				
831 cal; 799mg sodium				
<p>18 Lentil-Okra Stew(124) Brown Rice & Pigeon Peas(143) Broccoli(29) Wheat Bread(135) Applesauce Cup(15)</p>	<p>19 Chicken with Chorizo Creole Sauce(320) White Rice(25) Veg Medley(55) Wheat Roll(135) Chocolate Cake(182)</p>	<p>20 Creamy Cajun Salmon(232) Mashed Potatoes(124) Carrots(56) Wheat Bread(135) Pudding(135)</p>	<p>21 Roast Turkey with Gravy(400)* Cranberry Herb Stuffing(480) Green Beans(20) Wheat Bread(135) Fresh Banana(1)</p>	<p>22 Cachupa Rica(275) Rice & Beans(140) Spinach & Peppers(65) Garlic Bread(350) Mixed Fruit in tray(10)</p>
726 cal; 581mg sodium				
1011 cal; 852mg sodium				
768 cal; 817mg sodium				
667 cal; 1171mg sodium				
850 cal; 975mg sodium				
<p>25 Beef Picadillo(153) White Rice(25) Mixed Root Veg(65) Wheat Roll(135) Pineapple in tray(1)</p>	<p>26 Latin Shepherd's Pie with Beef, Plantains, & Potatoes(360) Brussels Sprouts(26) Wheat Bread(135) Apple Slices in tray(10)</p>	<p>27 "Arroz con Pollo" Chicken with Rice(187) Broccoli(29) Cornbread(180) Mango in tray(0)</p>	<p>28 SITES CLOSED 29 SITES CLOSED</p>	
700 cal; 514mg sodium			788 cal; 666mg sodium	
828 cal; 531mg 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.