

CARIBBEAN MENU



Elder Services
of Cape Cod and the Islands



ELDER NUTRITION PROGRAM

Barnstable County DECEMBER 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
2 Pork & Bean Stew(155) Yellow Rice(25) Green Beans & Red Peppers(20) Wheat Roll(135) Pudding(135)	3 Haitian Stewed Chicken Drumstick(140) Yucca(15) Mixed Veg(56) Biscuit(310) Fresh Pear(1)	4 Caribbean Beef with Peppers & Onions(154) Mashed Potato(124) Black Beans, Corn, & Peppers(61) Wheat Bread(135) Fresh Banana(1)	5 Braised Chickpeas & Chorizo(545)* Plantains(4) Spinach & Peppers(65) Wheat Roll(135) Fig Newton(210)	6 Sancocho Beef & Chicken with Potato & Yucca(287) Carrots(56) Wheat Bread(135) Mixed Fruit in tray(10)
641 cal; 605mg sodium	825 cal; 657mg sodium	651 cal; 610mg sodium	780 cal; 1094mg sodium	775 cal; 623mg sodium
9 Pastel de Tuna(481) White Rice & Lentils(25) Edamame & Corn(21) Wheat Roll(135) Lorna Doones(147)	10 Pork Empanada with Lime Wedge(296) Brown Rice & Pigeon Peas(143) Veg Medley(54) Wheat Bread(135) Fresh Banana(1)	11 BBQ Jerk Chicken(385) Yellow Rice(25) Brussels Sprouts & Carrots(41) Wheat Roll(135) Fresh Grapes(2)	12 Lentil Okra Coconut Stew(75) Roasted Potato(120) California Veg(54) Wheat Bread(135) Yogurt(50)	13 HIGH SODIUM MEAL Haitian Spaghetti with Beef(772)* Broccoli(29) Garlic Toast(270) Apple Slices in tray(10)
857 cal; 944mg sodium	818 cal; 764mg sodium	676 cal; 723mg sodium	666 cal; 569mg sodium	976 cal; 1216mg sodium
16 Curried Chicken(195) Mashed Potato(124) Carrots(56) Wheat Bread(135) Mixed Fruit in tray(10)	17 Beef Picadillo(153) Rice & Beans(140) Green Peas(20) Wheat Roll(135) Cinnamon Swirl(105)	18 Stewed Tomato White Fish(264) Yellow Rice(25) Mixed Veg(56) Wheat Bread(135) Pudding(135)	19 Baked Ham with Pineapple-Raisin Sauce(754)* Mash. Sweet Potato(141) Broccoli(29) Wheat Roll(135) 2 Fresh Clementines(1)	20 "Frango Assado" Brazilian Chicken with Yucca(157) Brussels Sprouts(26) Cornbread(180) Apple Slices in tray(10)
768 cal; 655mg sodium	1005 cal; 688mg sodium	670 cal; 750mg sodium	708 cal; 1195mg sodium	890 cal; 508mg sodium
23 Cape Verde Cachupa Rica(275) White Rice(25) Kale & Peppers(29) Muffin(120) Mixed Fruit in tray(10)	24 "Arroz con Camarones" Shrimp with Rice(442) Green Beans(20) Wheat Roll(135) Banana Cake(260)	25 SITES CLOSED  HAPPY HOLIDAYS	26 Pork with Pineapple-Mango Salsa(167) Plantains(4) Broccoli(29) Cornbread(180) Applesauce Cup(15)	27 Creamy Cajun Chicken with Pasta(249) Mixed Root Veg(65) Garlic Toast(270) Peaches in tray(5)
704 cal; 594mg sodium	841 cal; 992mg sodium		695 cal; 530mg sodium	843 cal; 724mg sodium
30 "Bistec Encebollado" Puerto Rican Steak & Onions(255) Yellow Rice(25) Veg Medley(54) Cornbread(180) Yogurt(50)	31 Caribbean Jerk Pork(388) Yucca(15) Carrots(56) Hawaiian Dinner Roll(80) Chocolate Cake(182)	In order to reduce sodium at this meal, you may want to save items such as bread, milk, or dessert & have them with another meal or snack.	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35 *indicates item w/ more than 500mg sodium.	
891 cal; 699mg sodium	888 cal; 856mg 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.