

**CARIBBEAN MENU**



**Elder Services**  
of Cape Cod and the Islands



**ELDER NUTRITION PROGRAM**  
**Barnstable County JANUARY 2025**  
**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
<p><i>In order to reduce sodium at this meal, you may want to save items such as bread, milk, or dessert &amp; 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>	<p>1 <b>SITES CLOSED</b></p> 	<p>2 "Bacalao" Salt Cod(232) Rice &amp; Beans(140) Green Beans with Red Peppers(20) Wheat Bread(135) Fresh Banana(1)</p>	<p>3 Dominican Style Chicken(225) Mashed Potato(22) Carrots(56) Garlic Bread(270) Apple Slices in tray(10)</p>
			<b>690 cal; 663mg sodium</b>	<b>758 cal; 718mg sodium</b>
<p>6 Caribbean Fish Curry(150) Yellow Rice(25) Broccoli with Red Peppers(29) Wheat Roll(135) Pudding(135)</p>	<p>7 Jambalaya with Chicken &amp; Turkey Kielbasa(463) White Rice(25) Brussels Sprouts(26) Hawaiian Dinner Roll(80) 2 Clementines(1)</p>	<p>8 Cod with Stewed Tomatoes(264) Rice &amp; Beans(140) Carrots(56) Wheat Bread(135) Pound Cake(240)</p>	<p>9 Creamy Cajun Chicken(245) WG Pasta(4) Green Peas(20) Garlic Bread(270) Fresh Grapes(2)</p>	<p>10 "Pastelon" Latin Beef Lasagna with Plantains(277) Green Beans with Red Peppers(20) Cornbread(180) Strawberries in tray(2)</p>
<b>734 cal; 609mg sodium</b>	<b>677 cal; 730mg sodium</b>	<b>796 cal; 970mg sodium</b>	<b>875 cal; 676mg sodium</b>	<b>923 cal; 614mg sodium</b>
<p>13 Caribbean Jerk Pulled Pork with Mango Salsa(168) White Rice &amp; Lentils(25) California Veg(34) Biscuit(310) Mixed Fruit in tray(10)</p>	<p>14 Caribbean Beef with Peppers &amp; Onions(154) Mashed Potato(22) Mixed Winter Veg(65) Wheat Roll(135) Pudding(135)</p>	<p>15 Jerk Chicken(546)* Yucca(15) Corn with Peppers(21) Wheat Bread(135) 2 Clementines(1)</p>	<p>16 Pork Linguica with Onions(662)* White Rice(25) Carrots(56) Wheat Roll(135) Lorna Doones(147)</p>	<p>17 Roasted Chicken Drumstick(100) Mac &amp; Cheese(402) Collard Greens(40) Wheat Bread(135) Apple Slices in tray(10)</p>
<b>817 cal; 682mg sodium</b>	<b>630 cal; 646mg sodium</b>	<b>782 cal; 853mg sodium</b>	<b>942 cal; 1160mg sodium</b>	<b>789 cal; 822mg sodium</b>
<p>20 <b>SITES CLOSED</b></p> 	<p>21 Tuna Pastel with Lemon(481) Yellow Rice(25) Broccoli(29) Cranberry-Orange Snack Loaf(120) Applesauce Cup(15)</p>	<p>22 Chicken with Chorizo Creole Sauce(320) White Rice(25) Green Beans with Red Peppers(20) Wheat Roll(135) Fig Newtons(210)</p>	<p>23 Creamy Cajun Salmon(232) Mashed Potato(22) Veg Medley(55) Wheat Bread(135) Fresh Banana(1)</p>	<p>24 Cachupa Rica(275) Rice &amp; Beans(140) Garlic Spinach(113) Hawaiian Dinner Roll(80) Pineapple in tray(1)</p>
<b>Martin Luther King Day</b>	<b>817 cal; 805mg sodium</b>	<b>839 cal; 845mg sodium</b>	<b>722 cal; 580mg sodium</b>	<b>729 cal; 744mg sodium</b>
<p>27 Beef Picadillo(153) White Rice(25) Zucchini w/ Peppers(20) Wheat Bread(135) Yogurt(50)</p>	<p>28 "Arroz con Pollo" Chicken &amp; White Rice(187) Mixed Root Veg(65) Cornbread(180) Fresh Grapes(2)</p>	<p>29 Latin Shepherd's Pie with Beef, Plantains, &amp; Potato(310) Broccoli(29) Wheat Roll(135) Chocolate Cake(182)</p>	<p>30 Pork &amp; Bean Stew(155) Yellow Rice(25) Brussels Sprouts(26) Biscuit(310) 2 Clementines(1)</p>	<p>31 Haitian Stewed Chicken Drumstick(140) Yucca(15) Green Beans with Red Peppers(20) Garlic Bread(270) Mango in tray(0)</p>
<b>720 cal; 518mg sodium</b>	<b>844 cal; 569mg sodium</b>	<b>906 cal; 791mg sodium</b>	<b>820 cal; 652mg sodium</b>	<b>793 cal; 580mg 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 105mg sodium.