

**CARIBBEAN MENU**



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



**ELDER NUTRITION PROGRAM**  
**Barnstable County FEBRUARY 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
<b>3</b> Curried Beef(170) Roasted Potato(85) Veg Medley(54) Wheat Roll(135) Pudding(135)	<b>4</b> Haitian Stewed Chicken Drumstick(215) Yucca(15) Carrots(56) Cornbread mini-loaf(180) Fresh Pear(1)	<b>5</b> Caribbean Beef with Peppers & Onions(154) Stewed Beans(356) Broccoli(29) Wheat Bread(135) Banana Cake(260)	<b>6</b> Braised Chickpeas & Chorizo(545)* Plantains(4) Mixed Veg(51) Wheat Roll(135) Fresh Banana(1)	<b>7</b> "Arroz con Camarones" Shrimp with White Rice(442) Spinach & Peppers(65) Wheat Bread(135) Mixed Fruit in tray(10)
<b>718 cal; 714mg sodium</b>	<b>843 cal; 602mg sodium</b>	<b>820 cal; 1069mg sodium</b>	<b>590 cal; 871mg sodium</b>	<b>533 cal; 787mg sodium</b>
<b>10</b> Jamaican Beef Patty(470) Yellow Rice(25) Black Beans, Corn, & Peppers(61) Wheat Bread(135) Chocolate Cake(182)	<b>11</b> BBQ Jerk Chicken(546)* Yellow Rice(25) Brussels Sprouts(26) Garlic Bread(270) Fresh Grapes(2)	<b>12</b> Beef Picadillo(153) Brown Rice & Pigeon Peas(143) Zucchini Squash(20) Wheat Roll(135) Fresh Banana(1)	<b>13</b> Sancocho with Beef & Chicken & Potato(287) California Veg(34) Wheat Bread(135) Yogurt(50)	<b>14</b> Chicken Parmesan(637)* Whole Grain Pasta(4) Broccoli(29) Apple Fritter(330) Strawberries in tray(2)
<b>1001 cal; 1008mg sodium</b>	<b>799 cal; 1004mg sodium</b>	<b>710 cal; 587mg sodium</b>	<b>664 cal; 641mg sodium</b>	<b>863 cal; 1137mg sodium</b>
<b>17 SITES CLOSED</b> 	<b>18</b> Curried Chicken(195) Mashed Potato(22) Kale & Peppers(29) Wheat Bread(135) Pound Cake(240)	<b>19</b> Cachupa Rica(275) White Rice(25) Veg Medley(54) Garlic Bread(270) 2 Fresh Clementines(1)	<b>20</b> "Frango Assado" Brazilian Chicken(120) Yucca(15) Collard Greens(40) Wheat Roll(135) Fresh Grapes(2)	<b>21</b> Stewed Tomato White Fish(264) Brown Rice(20) Carrots(56) Cranberry Orange Snack Loaf(120) Cinnamon Apple Slices in tray(10)
	<b>737 cal; 756mg sodium</b>	<b>747 cal; 760mg sodium</b>	<b>679 cal; 447mg sodium</b>	<b>700 cal; 605mg sodium</b>
<b>24</b> "Bistec Encebollado" Puerto Rican Steak & Onions(255) Yellow Rice(25) Green Peas(20) Wheat Roll(135) Yogurt(50)	<b>25</b> Pork with Pineapple- Mango Salsa(70) Plantains(4) Veg Medley(54) Wheat Roll(135) 2 Fresh Clementines(1)	<b>26</b> Creamy Cajun Chicken(245) Mashed Potato(22) Broccoli(29) Wheat Roll(135) Fig Newton(210)	<b>27</b> Haitian Beef Spaghetti(772)* Carrots(56) Wheat Bread(135) Fresh Banana(1)	<b>28</b> Caribbean Jerk Pork(405) Yucca(15) Mixed Root Veg(65) Wheat Bread(135) Mango in tray(0)
<b>753 cal; 620mg sodium</b>	<b>629 cal; 399mg sodium</b>	<b>759 cal; 776mg sodium</b>	<b>817 cal; 1099mg sodium</b>	<b>655 cal; 755mg sodium</b>
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.			

**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.