

CARIBBEAN MENU



Elder Services
of Cape Cod and the Islands



ELDER NUTRITION PROGRAM

Barnstable County MARCH 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
3 Jerk Pork(405) Yucca(15) Mixed Root Veg(65) Wheat Roll(135) Yogurt(50)	4 Dominican Style Chicken(225) Rice & Beans(65) Stewed Tomatoes(166) Wheat Bread(135) Fresh Banana(1)	5 Cheese Ravioli with Lemon Ricotta Parmesan Sauce(245) Spinach & Peppers(65) Wheat Roll(135) Fresh Grapes(2)	6 Caribbean Beef with Peppers & Onions(154) Roasted Potatoes(85) Brussels Sprouts(26) Wheat Bread(135) Lorna Doones(147)	7 Caribbean Fish Curry(135) Yellow Rice(25) Broccoli(29) Garlic Toast(270) Apple Slices in tray(10)
748 cal; 805mg sodium	670 cal; 727mg sodium	737 cal; 582mg sodium	677 cal; 682mg sodium	760 cal; 604mg sodium
10 Pork Linguica with Onions(623)* White Rice(25) Mixed Root Veg(65) Hawaiian Roll(80) Mandarin Cup(6)	11 Jambalaya with Chicken & Turkey Kielbasa(280) White Rice(25) Green Peas(20) Wheat Roll(135) Fresh Pear(2)	12 "Pastelon" Latin Beef Lasagna with Plantains(277) Veg Medley(54) Wheat Bread(135) Pudding(135)	13 Cod with Stewed Tomatoes(264) Rice & Beans(65) Brussels Sprouts(26) Cornbread(180) Oatmeal Cookie(105)	14 Jerk Shrimp Rasta Pasta(669)* Green Beans(20) Wheat Bread(135) Mango in tray(0)
840 cal; 934mg sodium	758 cal; 597mg sodium	813 cal; 736mg sodium	873 cal; 775mg sodium	603 cal; 959mg sodium
17 Creamy Cajun Chicken(245) Whole Grain Pasta(4) Mixed Veg(51) Wheat Roll(135) Brownie(180)	18 High Sodium Meal Corned Beef & Cabbage(745)* Boiled Potatoes(133) Carrots(56) Wheat Bread(135) Yogurt(50)	19 Jerk Chicken(546)* Yucca(15) Broccoli(29) Wheat Roll(135) Fresh Banana(1)	20 Cachupa Rica(201) Rice & Beans(65) California Veg(34) Wheat Bread(135) Fresh Grapes(2)	21 Arroz con Frijoles(468) Corn with Peppers(21) Garlic Toast(270) Peaches in tray(5)
884 cal; 750mg sodium	749 cal; 1254mg sodium	720 cal; 861mg sodium	660 cal; 572mg sodium	800 cal; 899mg sodium
24 Curried Beef(170) Mashed Plantain "Mofongo"(43) Brussels Sprouts(26) Wheat Bread(135) Pudding(135)	25 Caribbean Jerk Pulled Pork with Mango Salsa(65) White Rice & Lentils(25) Mixed Veg(51) Wheat Roll(135) Pound Cake(240)	26 Creamy Cajun Salmon(232) Mashed Potatoes(22) Green Beans & Red Peppers(20) Blueberry Snack Loaf(160) 2 Fresh Clementines(1)	27 Beef Picadillo(153) White Rice(25) Garlic Spinach(113) Dinner Roll(100) Fresh Banana(1)	28 Tuna Pastel with Lemon(481) Yellow Rice(25) Broccoli(29) Wheat Bread(135) Apple Slices in tray(10)
682 cal; 644mg sodium	821 cal; 651mg sodium	770 cal; 570mg sodium	810 cal; 527mg sodium	742 cal; 815mg sodium
31 Chicken with Chorizo Creole Sauce(320) White Rice(25) Carrots(56) Dinner Roll(100) Yogurt(50)	<i>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.</i>	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35 <i>*indicates item w/ more than 500mg sodium.</i>		
757 cal; 686mg 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.