

CARIBBEAN MENU



Elder Services

of Cape Cod and the Islands



ELDER NUTRITION PROGRAM

Barnstable County APRIL 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 & have them with another meal or snack.</i></p>	<p>1 Latin Shepherd's Pie with Beef, Plantains, & Potatoes(575)* Mixed Root Veg(65) Wheat Bread(135) 2 Fresh Clementines(1)</p>	<p>2 Haitian Stewed Chicken Drumstick(215) Yucca(15) Mixed Veg(51) Wheat Roll(135) Fig Newton(210)</p>	<p>3 Caribbean Beef with Peppers & Onions(154) Stewed Beans(356) Broccoli(38) Oatmeal Roll(260) Fresh Grapes(2)</p>	<p>4 Lentil Okra Coconut Stew(125) White Rice(25) Veg Medley(54) Wheat Bread(135) Apple Slices in tray(10)</p>
	621 cals; 911mg sodium	901 cals; 761mg sodium	741 cals; 945mg sodium	708 cals; 484mg sodium
<p>7 Broccoli & Cheese Stuffed Chicken(410) Roasted Potatoes(120) Peas & Carrots(66) Wheat Roll(135) Pudding(135)</p>	<p>8 BBQ Jerk Chicken(546)* Yellow Rice(25) Spinach & Red Peppers(65) Wheat Bread(135) Fresh Banana(1)</p>	<p>9 Pork with Peach-Mango Salsa(60) Plantains(4) Carrots(56) Wheat Roll(135) Lemon White Chocolate Cookie(100)</p>	<p>10 Beef Picadillo(153) Brown Rice & Pigeon Peas(70) Green Peas(20) Wheat Bread(135) Applesauce Cup(15)</p>	<p>11 "Arroz con Camarones" Shrimp with White Rice(442) California Veg(34) Garlic Toast(270) Peaches in tray(5)</p>
709 cals; 1001mg sodium	682 cals; 907mg sodium	758 cals; 490mg sodium	742 cals; 528mg sodium	625 cals; 886mg sodium
<p>14 Cachupa Rica(200) Cilantro Lime Rice(67) Brussels Sprouts(26) Wheat Bread(135) Banana Cake(260)</p>	<p>15 "Bistec Encebollado" Puerto Rican Steak & Onions(255) Yellow Rice(25) Carrots(56) Blueberry Snack Loaf(160) 2 Fresh Clementines(1)</p>	<p>16 Braised Chickpeas & Chorizo(545)* Plantains(4) Broccoli(38) Biscuit(310) Fresh Banana(1)</p>	<p>17 HIGH SODIUM MEAL Baked Ham with Maple Brown Sugar Glaze(588)* Potatoes au Gratin(360) Green Beans(20) Wheat Roll(135) Yogurt(50)</p>	<p>18 "Pescado con Coco" Fish with Coconut Milk Sauce(125) White Rice & Lentils(25) Zucchini Squash(20) Cornbread(180) Pineapple in tray(1)</p>
780 cals; 823mg sodium	770 cals; 632mg sodium	696 cals; 1033mg sodium	621 cals; 1288mg sodium	916 cals; 486mg sodium
<p>21 SITES CLOSED</p>  <p>PATRIOT'S DAY</p>	<p>22 "Frago Assado" Brazilian Chicken(120) Yucca(15) Mixed Veg(51) Wheat Roll(135) Chocolate Cake(182)</p>	<p>23 Jamaican Beef Stew(140) White Rice(25) Brussels Sprouts(26) Cornbread(180) Fresh Grapes(2)</p>	<p>24 "Arroz con Pollo" Chicken with Yellow Rice(150) Carrots(56) Wheat Roll(135) Fresh Banana(1)</p>	<p>25 Stewed Tomato White Fish(264) Cilantro Lime Rice(67) Broccoli(38) Wheat Bread(135) Apple Slices in tray(10)</p>
	863 cals; 638mg sodium	895 cals; 508mg sodium	690 cals; 477mg sodium	783 cals; 649mg sodium
<p>28 Pork Linguica with Onions(623)* Roasted Potatoes(85) Green Beans & Red Peppers(20) Garlic Toast(270) Yogurt(50)</p>	<p>29 HIGH SODIUM MEAL Haitian Spaghetti with Beef(772)* Mixed Veg(51) Wheat Roll(135) Pound Cake(240)</p>	<p>30 Creamy Cajun Chicken(245) Mashed Potatoes(22) Carrots(56) Wheat Bread(135) 2 Fresh Clementines(1)</p>	<p>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</p> <p><i>*indicates item w/ more than 500mg sodium.</i></p>	
838 cals; 1183mg sodium	862 cals; 1333mg sodium	675 cals; 594mg 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.