

CARIBBEAN MENU



Elder Services
of Cape Cod and the Islands



ELDER NUTRITION PROGRAM

Barnstable County MAY 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>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>	<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 Sancocho with Beef & Chicken & Potatoes(215) White Rice(25) Green Peas(20) Wheat Roll(135) Fresh Grapes(2)</p>	<p>2 Caribbean Fish Curry(133) Yellow Rice(25) Broccoli(38) Garlic Toast(270) Pears in tray(5)</p>
			897 cal; 532mg sodium	762 cal; 606mg sodium
<p>5 Haitian Stewed Chicken Drumstick(215) Yucca(15) Beets & Greens(117) Biscuit(310) Pudding(135)</p>	<p>6 SITES CLOSED Annual Meeting of Elder Servies of Cape Cod and the Islands</p>	<p>7 Pastelon with Beef & Plantains(277) Corn & Peppers(21) Wheat Roll(135) Fig Newton(210)</p>	<p>8 Chicken in Sundried Tomato & Caper Sauce(343) Roasted Potato(85) Broccoli(38) Wheat Bread(135) Fresh Banana(1)</p>	<p>9 Caribbean Beef with Peppers & Onions(155) Cilantro Lime Rice(67) Carrots(56) Cranberry-Orange Snack Loaf(120) Apple Slices in tray(10)</p>
866 cal; 927mg sodium		926 cal; 778mg sodium	604 cal; 737mg sodium	771 cal; 543mg sodium
<p>12 Cod with Stewed Tomatoes(264) White Rice(25) Spinach & Red Peppers(65) Wheat Roll(135) Yogurt(50)</p>	<p>13 Pork with Linguica & Onions(623)* White Rice & Lentils(25) Green Peas(20) Wheat Bread(135) Banana Cake(260)</p>	<p>14 BBQ Jerk Chicken(425) "Mofungo" Mashed Plantains(43) Broccoli(38) Wheat Roll(135) Fresh Banana(1)</p>	<p>15 Curried Beef(170) Rice & Beans(65) Carrots(56) Blueberry Snack Loaf(160) 2 Clementines(1)</p>	<p>16 Tuna Pastel with Lemon(480) Stewed Black Beans(150) Brussels Sprouts(26) Garlic Toast(270) Peaches in tray(5)</p>
741 cal; 674mg sodium	1133 cal; 1198mg sodiu	666 cal; 777mg sodium	824 cal; 587mg sodium	754 cal; 1066mg sodium
<p>19 Dominican Roast Turkey(540)* Yellow Rice(25) Green Beans & Red Peppers(20) Wheat Bread(135) Pudding(135)</p>	<p>20 Chicken with Chorizo Creole Sauce(320) Yucca(15) Mixed Veg(51) Wheat Roll(135) Fresh Banana(1)</p>	<p>21 Creamy Cajun Salmon(230) Whole Grain Pasta(4) Broccoli(38) Wheat Bread(135) Chocolate Cake(182)</p>	<p>22 Cheeseburger(375) Sweet Potato Wedges(150) Zucchini & Peppers(20) Hawaiian Burger Bun(120) Fresh Grapes(2) Ketchup pkt(85)</p>	<p>23 Caribbean Pork Tacos with Lime(440) Mexican Rice(70) Green Peas(20) Cornbread(180) Apple Slices in tray(10)</p>
645 cal; 990mg sodium	754 cal; 657mg sodium	983 cal; 724mg sodium	820 cal; 887mg sodium	724 cal; 855mg sodium
<p>26 SITES CLOSED MEMORIAL DAY REMEMBER OUR FALLEN</p>	<p>27 Crispy Chicken with Mushroom Okra Sauce(463) White Rice(25) California Veg(34) Wheat Roll(135) Applesauce Cup(15)</p>	<p>28 Latin Shepherd's Pie with Beef, Plantains, & Potatoes(573)* Carrots(56) Wheat Bread(135) 2 Clementines(1)</p>	<p>29 Chicken Sofrito(115) Cilantro Lime Rice(67) Green Beans & Red Peppers(20) Wheat Roll(135) Lorna Doones(147)</p>	<p>30 White Fish with Pineapple-Mango Salsa(105) White Rice(25) Green Peas(20) Wheat Bread(135) Pineapple in tray(1)</p>
	800 cal; 807mg sodium	620 cal; 900mg sodium	722 cal; 619mg sodium	705 cal; 421mg 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.