

CARIBBEAN MENU





ELDER NUTRITION PROGRAM

Barnstable County JUNE 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

2 Pork & Bean Stew(150) Yellow Rice & Pigeon Peas(70) Kale & Peppers(29) Wheat Roll(135) Lorna Doones(147)	3 MEALS ARE NO LONGER AVAILABLE ON TUESDAYS	4 Caribbean Beef with Peppers & Onions(155) Stewed Beans(356) Green Beans with Red Pepper(20) Biscuit(310) Fresh Pear(2)	5 Sancocho with Beef & Chicken & Potato(213) Yellow Rice(25) Broccoli(38) Oatmeal Roll(260) Fresh Banana(1)	6 Salmon with Pineapple- Mango Salsa(60) Roasted Potato(85) Black Beans, Corn, & Peppers(61) Wheat Bread(135) Mango in tray(0)
692 cals; 666mg sodium		818 cals; 978mg sodium	927 cals; 672mg sodium	667 cals; 476mg sodium
9 Lentil Okra Coconut Stew(124) White Rice(25) Brussels Sprouts(26) Cranberry Orange Snack Loaf(120) Applesauce Cup(15)	10 MEALS ARE NO LONGER AVAILABLE ON TUESDAYS	11 Pork with Peach-Mango Salsa(105) Plantains(4) Broccoli(38) Wheat Roll(135) Lemon White-Chocolate Cookie(100)	12 "Arroz con Camarones" Shrimp & White Rice(442) Green Peas(20) Wheat Roll(135) 2 Fresh Clementines(1)	13 BBQ Jerk Drumstick(464) Cilantro Lime Rice(67) Kale & Corn(11) Garlic Toast(270) Peaches in tray(5)
804 cals; 445mg sodium		760 cals; 517mg sodium	760 cals; 733mg sodium	807 cals; 952mg sodium
16 Beef Picadillo(153) Brown Rice & Pigeon Peas(70) Veg Medley(54) Wheat Bread(135) Pudding(135)	17 MEALS ARE NO LONGER AVAILABLE ON TUESDAYS	18 Crispy Chicken(185) Black Eyed Peas(141) Collards, Corn, & Peppers(40) Cornbread(180) Fresh Grapes(2)	19 SITES CLOSED 	20 "Pescado con Coco" Coconut Fish(122) Yucca(15) Mixed Root Veg(65) Wheat Bread(135) Pears in tray(5)
823 cals; 682mg sodium		925 cals; 683mg sodium		898 cals; 477mg sodium
23 Curried Beef(170) White Rice & Lentils(25) Green Peas(20) Wheat Roll(135) Pound Cake(240)	24 MEALS ARE NO LONGER AVAILABLE ON TUESDAYS	25 Stewed Tomato Shrimp(517)* Cilantro Lime Rice(67) Green Beans(20) Wheat Bread(135) Fresh Banana(1)	26 "Arroz con Pollo" Chicken & Yellow Rice(148) Black Beans, Corn, & Peppers(61) Wheat Roll(135) Fruited Yogurt(75)	27 "Bistec Encebollado" Puerto Rican Steak & Onions(255) White Rice(25) Broccoli(38) Wheat Bread(135) Pineapple in tray(1)
874 cals; 725mg sodium		740 cals; 875mg sodium	754 cals; 554mg sodium	664 cals; 589mg sodium
30 Chicken, Chorizo, & Cheese Pastel(470) Yellow Rice(25) Brussels Sprouts(26) Wheat Roll(135) Pudding(135)			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>	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.
755 cals; 926mg 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.				