

# CARIBBEAN MENU

## ELDER NUTRITION PROGRAM

**Barnstable County JULY 2025**

**Reservations & Cancellations must be made three business days in advance.**



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



**Menu subject to change without notice.**

**Main Office in S. Dennis: 508-394-4630**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</b></p> <p><i>*indicates item w/ more than 500mg sodium.</i></p>	1	<p>2</p> <p>Caribbean Fish Curry(133) White Rice(25) Corn &amp; Peppers(21) Garlic Toast(270) 2 Fresh Clementines(1)</p> <p><b>775 cals; 585mg sodium</b></p>	<p>3</p> <p>BBQ Chicken Sandwich(383) LS Potato Wedges(20) Zucchini Squash(20) LS Hamburger Bun(80) Fresh Watermelon(1)</p> <p><b>735 cals; 609mg sodium</b></p>	<p>4 <b>SITES CLOSED</b></p>
<p>7</p> <p>"Pernil" Roasted Pork(60) Yellow Rice &amp; Pigeon Peas(70) Veg Medley(54) Wheat Bread(135) Fig Newton(210)</p> <p><b>914 cals; 664mg sodium</b></p>	8	<p>9</p> <p>Jambalaya with Chicken &amp; Turkey Kielbasa(278) Yellow Rice(25) Mixed Veg(51) Garlic Toast(270) Fresh Banana(1)</p> <p><b>781 cals; 760mg sodium</b></p>	<p>10</p> <p>Pastelon with Beef &amp; Plantains(277) Green Beans(20) Wheat Bread(135) 2 Fresh Clementines(1)</p> <p><b>824 cals; 568mg sodium</b></p>	<p>11</p> <p>Caribbean Beef with Peppers &amp; Onions(155) Cilantro Rice(68) Carrots(56) Wheat Bread(135) Peaches in tray(5)</p> <p><b>701 cals; 554mg sodium</b></p>
<p>14</p> <p>Cod with Stewed Tomatoes(264) White Rice(25) Kale &amp; Corn(11) Wheat Roll(135) Yogurt(75)</p> <p><b>667 cals; 645mg sodium</b></p>	15	<p>16</p> <p>BBQ Jerk Chicken(425) "Mofungo" Mashed Plantains(43) Broccoli(38) Blueberry Snack Loaf(160) 2 Fresh Clementines(1)</p> <p><b>713 cals; 777mg sodium</b></p>	<p>17</p> <p>Beef Picadillo(155) Rice &amp; Beans(65) Carrots(56) Wheat Bread(135) Fresh Pear(2)</p> <p><b>829 cals; 548mg sodium</b></p>	<p>18</p> <p>Tuna Pastel with Lemon(480) Stewed Black Beans(250) Brussel Sprouts(26) Cornbread(180) Strawberries in tray(2)</p> <p><b>774 cals; 1073mg sodium</b></p>
<p>21</p> <p>Dominican Roast Turkey(540)* Yellow Rice(25) Green Beans &amp; Peppers(20) Wheat Roll(135) Banana Cake(260)</p> <p><b>810 cals; 1116mg sodium</b></p>	22	<p>23</p> <p>Creamy Cajun Salmon(230) Whole Grain Pasta(4) Mixed Veg(51) Wheat Bread(135) Fresh Pear(2)</p> <p><b>812 cals; 557mg sodium</b></p>	<p>24</p> <p>"Arroz con Pollo" Chicken with Rice(148) Broccoli(38) Garlic Toast(270) Fresh Banana(1)</p> <p><b>774 cals; 592mg sodium</b></p>	<p>25</p> <p>Caribbean Pork Tacos w/Lime(440) Mexican Rice(70) Green Peas(20) Tortilla Wrap(135) Pineapple in tray(1)</p> <p><b>692 cals; 801mg sodium</b></p>
<p>28</p> <p>Jamaican Beef Stew(140) White Rice(25) California Veg(34) Biscuit(310) Flavored Applesauce Cup(15)</p> <p><b>871 cals; 659mg sodium</b></p>	29	<p>30</p> <p>Fish with Pineapple-Mango Salsa(105) White Rice(25) Carrots(56) Wheat Roll(135) Chocolate Cake(182)</p> <p><b>827 cals; 638mg sodium</b></p>	<p>31</p> <p>Chicken Sofrito(115) Cilantro Lime Rice(67) Green Peas(20) Wheat Bread(135) Fresh Banana(1)</p> <p><b>776 cals; 473mg sodium</b></p>	<p><i>In order to reduce sodium at this meal, you may want to save items such as bread, milk, or dessert &amp; have them with another meal or snack.</i></p>

**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 125mg sodium.