

CARIBBEAN MENU

ELDER NUTRITION PROGRAM

Barnstable County AUGUST 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
		<u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</u> <i>*indicates item w/ more than 500mg sodium.</i>	<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>	1 Pork & Bean Stew(150) Yellow Rice & Pigeon Peas(70) Kale & Peppers(29) Apple-Cinnamon Muffin(120) Mandarins in tray(6) 731 cal; 510mg sodium
4 Caribbean Beef with Peppers & Onions(155) Stewed Beans(356) Green Peas(20) Wheat Roll(135) Pudding(135) 758 cal; 936mg sodium	5 <i>the Dog Days of Summer</i> 	6 Pork with Peach-Mango Salsa(105) Plantains(4) Broccoli(38) Wheat Bread(135) 2 Fresh Clementines(1) 647 cal; 418mg sodium	7 "Arroz con Camarones" Shrimp with White Rice(442) Veg Medley(54) Pita Bread(140) Fresh Banana(1) 699 cal; 772mg sodium	8 BBQ Jerk Drumstick(464) Cilantro Lime Rice(67) Kale & Corn(11) Garlic Toast(270) Pears in tray(5) 863 cal; 952mg sodium
11 Beef Picadillo(153) Brown Rice & Pigeon Peas(70) Brussels Sprouts(26) Wheat Bread(135) Applesauce Cup(15) 730 cal; 534mg sodium	12 	13 Lentil Okra Coconut Stew(124) White Rice(25) Black Bean & Corn Succotash(90) Wheat Roll(135) Lemon White Chocolate Cookie(100) 872 cal; 609mg sodium	14 "Pescado con Coco" Fish with Coconut Milk Sauce(122) Yucca(15) Mixed Root Veg(65) Cornbread(180) Fresh Melon(15) 945 cal; 532mg sodium	15 Curried Beef(170) White Rice & Lentils(25) Green Beans(20) Biscuit(310) Peaches in tray(5) 865 cal; 665mg sodium
18 Haitian Stewed Chicken Drumstick(213) Yellow Rice(25) Carrots(56) Wheat Roll(135) Pound Cake(240) 787 cal; 804mg sodium	19 	20 Stewed Tomato White Fish(264) Cilantro Lime Rice(67) Green Peas(20) Wheat Roll(135) Fresh Banana(1) 760 cal; 622mg sodium	21 "Arroz con Pollo" Chicken with Yellow Rice(148) Zucchini Squash & Red Peppers(20) Garlic Toast(270) Fresh Fruit in Season(15) 764 cal; 588mg sodium	22 "Bistec Encebollado" Puerto Rican Steak & Onions(255) White Rice(25) Carrots(56) Wheat Bread(135) Pineapple in tray(1) 680 cal; 607mg sodium
25 "Pastel de Tuna" with Lemon(480) Yellow Rice(25) Mixed Veg(51) Cornbread Loaf(180) Peach Cup(5) 810 cal; 876mg sodium	26 AUGUST 26TH NATIONAL DOG DAY 	27 Salmon with Pineapple-Mango Salsa(60) Roasted Potato(85) Veg Medley(54) Wheat Bread(135) Lorna Doones(147) 687 cal; 616mg sodium	28 Cheeseburger(370) Sweet Potato Wedges(150) Broccoli(38) Hamburger Bun(80) Fresh Banana(1) Ketchup pkt(85) 859 cal; 859mg sodium	29 Dominican Style Chicken(225) Rice & Beans(65) Brussels Sprouts(26) Wheat Bread(135) Mango in tray(0) 786 cal; 586mg 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.