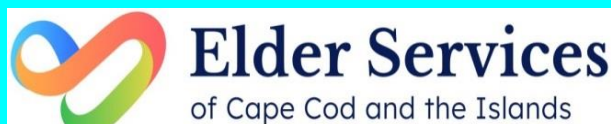


# CARIBBEAN MENU

## ELDER NUTRITION PROGRAM

**Barnstable County SEPTEMBER 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
<b>1 SITES CLOSED</b> 	<b>2</b> <i>It's National Healthy Aging Month - Below are two famous living baseball greats</i>	<b>3</b> Beef Picadillo(153) Brown Rice & Pigeon Peas(70) Broccoli(38) Wheat Roll(135) 2 Fresh Clementines(1) <b>685 cal; 532mg sodium</b>	<b>4</b> Chicken Sofrito(115) Plantains(4) Carrots(56) Wheat Bread(135) Fresh Banana(1) <b>590 cal; 446mg sodium</b>	<b>5</b> Pork & Bean Stew(150) Yellow Rice & Black-Eyed Peas(84) Corn & Peppers(20) Garlic Bread(270) Mango(0) <b>832 cal; 659mg sodium</b>
<b>8</b> Caribbean Fish Curry(135) White Rice(25) Carrots(56) Wheat Roll(135) Lemon White-Chocolate Cookie(100) <b>730 cal; 586mg sodium</b>	<b>9</b>  <b>Sandy Koufax</b> <b>age 89</b>	<b>10</b> Jambalaya with Chicken & Turkey Kielbasa(278) Yellow Rice(25) Green Peas(20) Garlic Bread(270) Fresh Banana(1) <b>801 cal; 729mg sodium</b>	<b>11</b> Pastelon with Beef & Plantains(277) Green Beans(20) Wheat Bread(135) Fresh Apple(1) <b>755 cal; 568mg sodium</b>	<b>12</b> Caribbean Beef with Peppers & Onions(155) Cilantro Lime Rice(68) Broccoli(38) Cranberry-Orange Snack Loaf(120) Peaches in tray(5) <b>752 cal; 521mg sodium</b>
<b>15</b> Cod with Stewed Tomatoes(264) White Rice(25) Mixed Veg(50) Wheat Bread(135) Fruited Yogurt(75) <b>724 cal; 684mg sodium</b>	<b>16</b>  <b>Carl Yastrzemski</b> <b>age 85</b>	<b>17</b> BBQ Jerk Chicken Drumstick(464) "Mofungo" Mashed Plantains(43) Carrots(56) Wheat Bread(135) Fresh Apple(1) <b>670 cal; 834mg sodium</b>	<b>18</b> Tuna Pastel with Lemon(480) Stewed Black Beans(255) Broccoli(38) Wheat Roll(135) Lorna Doones(147) <b>721 cal; 1190mg sodium</b>	<b>19</b> "Pernil" Roasted Pork(60) Rice & Beans(65) Brussels Sprouts(26) Biscuit(310) Pineapple in tray(1) <b>818 cal; 597mg sodium</b>
<b>22</b> Dominican Roast Turkey(540)* Yellow Rice(25) Green Beans & Peppers(20) Wheat Roll(135) Mini Apple Bites(160) <b>920 cal; 1015mg sodium</b>	<b>23</b>  <b>First Full Day of Fall 2025</b>	<b>24</b> Creamy Cajun Salmon(230) Whole Grain Pasta(4) Broccoli(38) Wheat Bread(135) 2 Fresh Clementines(1) <b>740 cal; 543mg sodium</b>	<b>25</b> "Arroz con Pollo" Chicken & Yellow Rice(148) Carrots(56) Wheat Roll(135) Fresh Banana(1) <b>726 cal; 475mg sodium</b>	<b>26</b> Caribbean Pork Tacos with Lime(440) Mexican Rice(70) Green Peas(20) 2 Tortilla Wraps(270) Pears in tray(5) <b>730 cal; 940mg sodium</b>
<b>29</b> Jamaican Beef Stew(140) Brown Rice(25) California Veg(34) Wheat Bread(135) Banana Cake(260) <b>945 cal; 729mg sodium</b>	<b>30</b> 	<b>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</b>  <i>*indicates item w/ more than 500mg sodium.</i>	<b>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.</b>	

**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.