

CARIBBEAN MENU

ELDER NUTRITION PROGRAM

Barnstable County NOVEMBER 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
<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> * indicates item with more than 500mg sodium	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35			
3 Sancocho with Beef & Chicken & Potato(213) White Rice(25) Green Beans & Red Peppers(20) Wheat Bread(135) Lemon White-Chocolate Cookie(100) 945 cal; 628mg sodium	4 NATIONAL CANDY DAY	5 Beef Picadillo(153) Brown Rice & Pigeon Peas(70) Carrots(56) Wheat Roll(135) 2 Fresh Clementines(1) 716 cal; 550mg sodium	6 Chicken Sofrito(115) Plantains(4) Broccoli(38) Wheat Bread(135) Fresh Banana(1) 628 cal; 428mg sodium	7 Pork & Bean Stew(150) Yellow Rice & Black Eyed Peas(60) Green Peas(20) Cornbread(180) Mango in tray(0) 847 cal; 545mg sodium
10 Caribbean Fish Curry(135) White Rice(25) Mixed Root Veg(65) Wheat Roll(135) Fruited Yogurt(75) 682 cal; 570mg sodium	11 THANK YOU VETERANS	12 Caribbean Beef with Peppers & Onions(95) Cilantro Lime Rice(67) Veg Medley(54) Garlic Bread(270) Fresh Banana(1) 869 cal; 622mg sodium	13 Pastel with Beef & Plantains(277) Broccoli(38) Wheat Roll(135) Lorna Doones(147) 825 cal; 732mg sodium	14 Haitian Stewed Chicken Drumstick(215) Yucca(15) Green Beans & Red Peppers(20) Cornbread(180) Pears in tray(5) 848 cal; 570mg sodium
17 Cod with Stewed Tomatoes(264) White Rice(25) California Veg(34) Cranberry Orange Snack Loaf(120) Peach Cup(5) 792 cal; 583mg sodium	18 Happy 97th Birthday Mickey Mouse	19 BBQ Jerk Drumstick(464) "Mofungo"(43) (Mashed Plantains) Brussels Sprouts(26) Biscuit(310) Pudding(135) 881 cal; 1113mg sodium	20 Roast Turkey with Gravy(580)* Mashed Potato & Stuffing(267) Green Beans(20) Wheat Roll(135) Fresh Banana(1) 602 cal; 1138mg sodium	21 White Fish with Peach-Mango Salsa(105) White Rice(25) Green Peas(20) Wheat Bread(135) Cinnamon Apple Slices in tray(10) 680 cal; 430mg sodium
24 Latin Shepherd's Pie with beef, plantains, & potato(689)* Carrots(56) Wheat Bread(135) Lorna Doones(147) 704 cal; 1162mg sodium	25 25	26 Creamy Cajun Salmon(226) Whole Grain Pasta(4) Broccoli(38) Wheat Bread(135) 2 Fresh Clementines(1) 700 cal; 539mg sodium	27 SITES CLOSED 28 SITES CLOSED HAPPY THANKSGIVING	

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.