

CARIBBEAN MENU

ELDER NUTRITION PROGRAM

Barnstable County **DECEMBER 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
1 Jamaican Beef Stew(140) Brown Rice(25) Mixed Veg(51) Wheat Roll(150) Peach Cup(5)	2 	3 Sancocho with Beef, Chicken, & Potato(213) White Rice(25) Black Beans, Corn, & Peppers(61) Wheat Roll(150) Lorna Doones(147)	4 Pork & Bean Stew(146) Yellow Rice & Black-Eyed Peas(61) Broccoli(38) Wheat Bread(150) Fresh Pear(2)	5 BBQ Jerk Chicken Drumstick(464) Cilantro Lime Rice(67) California Veg(34) Wheat Bread(150) Mango in tray(0)
797 cal; 506mg sodium		937 cal; 731mg sodium	700 cal; 532mg sodium	773 cal; 850mg sodium
8 Caribbean Beef with Peppers & Onions(132) Stewed Beans(356) Green Peas(20) Hawaiian Dinner Roll(80) Lemon White-Chocolate Cookie(100)	9 	10 Pork with Peach-Mango Salsa(100) Plantains(4) Mixed Root Veg(65) Biscuit(310) Fresh Banana(1)	11 <i>"Bistec Encebollado"</i> Puerto Rican Steak & Onions(132) Yucca(15) Broccoli(38) Blueberry Snack Loaf(160) 2 Fresh Clementines(1)	12 <i>"Arroz con Camarones"</i> Shrimp with Yellow Rice(442) Carrots(56) Wheat Bread(150) Apple Slices in tray(10)
1009 cal; 823mg sodium		765 cal; 615mg sodium	918 cal; 481mg sodium	690 cal; 793mg sodium
15 Beef Picadillo(153) Brown Rice & Pigeon Peas(70) California Veg(34) Wheat Roll(150) Fudge Cookie(80)	16 	17 <i>"Pescado con Coco"</i> Coconut Fish(122) Yellow Rice & Black-Eyed Peas(61) Green Peas(20) Wheat Bread(150) 2 Fresh Clementines(1)	18 Maple Glazed Honey Ham(690)* Roasted Potato(85) Carrots(56) Wheat Roll(150) Fresh Banana(1)	19 Curried Beef(170) White Rice & Lentils(25) Mixed Veg(51) Hawaiian Dinner Roll(80) Cinnamon Apple Slices in tray(10)
781 cal; 622mg sodium		904 cal; 489mg sodium	610 cal; 1117mg sodium	764 cal; 471mg sodium
22 Haitian Stewed Chicken Drumstick(213) Yucca(15) Edamame, Corn, & Peppers(22) Wheat Bread(150) Pear Cup(5)	23 	24 Stewed Tomato White Fish(264) Cilantro Lime Rice(67) Mixed Veg(51) Wheat Roll(150) Pudding(135)	25 SITES CLOSED 	26 <i>"Arroz con Pollo"</i> Chicken with Yellow Rice(148) Carrots(56) Wheat Bread(150) Pineapple in tray(1)
825 cal; 540mg sodium		790 cal; 802mg sodium		760 cal; 490mg sodium
29 Pastel de Tuna with Lemon(480) Roasted Potato(85) Green Peas(20) Wheat Roll(150) Peach Cup(5)	30 	31 Pork Linguica with Onions(623)* White Rice(25) Green Beans(20) Cornbread mini loaf(180) Oatmeal Cookie(105)	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.	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35 meal or snack.
695 cal; 875mg sodium		1008 cal; 1088mg sodium	* indicates item with more than 500mg 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 125mg sodium.