

CARIBBEAN MENU



Elder Services
of Cape Cod and the Islands



ELDER NUTRITION PROGRAM

Barnstable County JANUARY 2026

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 |
|---|---|--|---|--|
| <p><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></p> <p>*indicates item with more than 500mg sodium</p> | <p><u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</u></p> | <p>January</p> | <p>1 SITES CLOSED</p> | <p>2</p> <p>Salmon with Pineapple-Mango Salsa(60) Roasted Potato(85) Beets & Greens(118) Wheat Bread(150) Pineapple in tray(1)</p> <p>648 cal; 549mg sodium</p> |
| <p>5</p> <p>Coconut Curried Chicken(115) White Rice(25) Mixed Root Veg(65) Wheat Roll(150) Peach Cup(5)</p> <p>788 cal; 495mg sodium</p> | | <p>7</p> <p>Caribbean Pork Tacos with Lime(440) Mexican Rice(70) Green Peas(20) Tortilla Wrap(135) Fresh Banana(1)</p> <p>657 cal; 801mg sodium</p> | <p>8</p> <p>Haitian Stewed Chicken Drumstick(213) Plantains(4) Broccoli(38) Wheat Roll(150) Lorna Doones(147)</p> <p>729 cal; 687mg sodium</p> | <p>9</p> <p>Pork & Bean Stew(145) Yellow Rice & Black-Eyed Peas(61) Green Beans & Red Pepper(20) Garlic Bread(270) Pears in tray(5)</p> <p>800 cal; 636mg sodium</p> |
| <p>12</p> <p>Caribbean Fish Curry(135) White Rice(25) Corn(20) Biscuit(310) Yogurt(75)</p> <p>855 cal; 700mg sodium</p> | | <p>14</p> <p>Chicken Sofrito(115) Yucca(15) California Veg(34) Wheat Roll(150) 2 Fresh Clementines(1)</p> <p>695 cal; 450mg sodium</p> | <p>15</p> <p>Cod with Stewed Tomatoes(264) White Rice(25) Veg Medley(54) Wheat Bread(150) Fresh Pear(2)</p> <p>760 cal; 630mg sodium</p> | <p>16</p> <p>Roasted Chicken Drumstick(100) Macaroni & Cheese(390) Collard Greens(40) Cornbread(180) Apple Slices in tray(10)</p> <p>888 cal; 855mg sodium</p> |
| <p>19 SITES CLOSED</p> | | <p>21</p> <p>Pork Linguica with Onions(623)* White Rice & Lentils(25) Broccoli(38) Cranberry Orange Snack Loaf(120) Fresh Banana(1)</p> <p>944 cal; 942mg sodium</p> | <p>22</p> <p>BBQ Jerk Chicken Drumstick(464) "Mofungo" - Mashed Plantains(43) Carrots(56) Wheat Roll(150) 2 Fresh Clementines(1)</p> <p>708 cal; 849mg sodium</p> | <p>23</p> <p>White Fish with Peach & Mango Salsa(105) White Rice(25) Mixed Root Veg(65) Cornbread(180) Mango in tray(0)</p> <p>793 cal; 510mg sodium</p> |
| <p>26</p> <p>Latin Shepherd's Pie with Beef, Plantains, & Potatoes(689)* Mixed Veg(51) Wheat Bread(150) Flavored Applesauce(15)</p> <p>663 cal; 1040mg sodium</p> | | <p>28</p> <p>Creamy Cajun Salmon(226) Whole Grain Pasta(4) Broccoli(38) Wheat Roll(150) Lorna Doones(147)</p> <p>780 cal; 700mg sodium</p> | <p>29</p> <p>"Arroz con Pollo" Chicken with Yellow Rice(148) Veg Medley(54) Wheat Bread(150) Fresh Banana(1)</p> <p>735 cal; 488mg sodium</p> | <p>30</p> <p>Jamaican Beef Stew(140) Brown Rice(25) California Veg(34) Garlic Bread(270) Peaches in tray(5)</p> <p>880 cal; 609mg sodium</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 105mg sodium.