

CARIBBEAN MENU

ELDER NUTRITION PROGRAM

Barnstable County FEBRUARY 2026

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
2 Pork with Pineapple-Mango Salsa(65) Plantains(4) Carrots(56) Hawaiian Dinner Roll(80) Pound Cake(240)	3 	4 Sancocho with Beef & Chicken & Potatoes(213) White Rice(25) Black Beans, Corn, & Peppers(61) Wheat Bread(150) Fresh Pear(2)	5 Pork & Bean Stew(146) Yellow Rice & Black-Eyed Peas(61) Broccoli(38) Wheat Roll(150) 2 Fresh Clementines(1)	6 BBQ Jerk Drumstick(464) Cilantro Lime Rice(67) California Veg(34) Wheat Bread(150) Apple Slices(10) in tray
718 cals; 580mg sodium	Groundhog Day	700 cals; 586mg sodium	865 cals; 531mg sodium	640 cals; 860mg sodium
9 Caribbean Beef with Peppers & Onions(132) Stewed Beans(356) Green Beans & Red Peppers(30) Wheat Bread(150) Fruited Yogurt(75)	10 	11 <i>"Bistec Encebollado"</i> Puerto Rican Steak & Onions(132) Yucca(15) Broccoli(38) Wheat Roll(150) Lorna Doones(147)	12 <i>"Arroz con Atum"</i> Yellow Rice with Tuna(178) Green Peas(20) Tortilla(170) Fresh Banana(1)	13 Pot Roast w/ Gravy(590)* Baked Sweet Potato(21) Veg Medley(50) Garlic Bread(270) Strawberries(2) in tray
830 cals; 878mg sodium		778 cals; 617mg sodium	810 cals; 504mg sodium	810 cals; 1068mg sodium
16 SITES CLOSED 	17 HAPPY CHINESE NEW YEAR 	18 Egg & Cheese Broccoli Bake(315) Mixed Veg(51) Wheat Roll(150) Fresh Banana(1)	19 <i>"Arroz con Camarones"</i> Yellow Rice with Shrimp(442) Carrots(56) Biscuit(310) 2 Fresh Clementines(1)	20 Lentil Okra Coconut Stew(124) White Rice(25) Broccoli(38) Cranberry Orange Snack Loaf(120) Peaches(5) in tray
	Year of the Horse	602 cals; 652mg sodium	815 cals; 944mg sodium	782 cals; 447mg sodium
23 Stewed Tomato White Fish(264) Cilantro Lime Rice(67) Brussels Sprouts(26) Wheat Roll(150) Chocolate Cake(183)	24 	25 Pork with Peach-Mango Salsa(100) Plantains(4) Mixed Root Veg(65) Wheat Bread(150) Fresh Banana(1)	26 Haitian Stewed Chicken Drumstick(213) Yucca(15) Edamame, Corn, & Peppers(22) Wheat Roll(150) Fruited Yogurt(75)	27 Pastel de Tuna with Lemon(480) Roasted Potatoes(85) Green Peas(20) Hawaiian Dinner Roll(80) Pineapple(1) in tray
959 cals; 825mg sodium		775 cals; 455mg sodium	715 cals; 610mg sodium	702 cals; 801mg sodium
<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>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</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.