

CARIBBEAN MENU

ELDER NUTRITION PROGRAM

Barnstable County MARCH 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>2</p> <p>"Arroz con Pollo" Yellow Rice & Chicken(149) Carrots(56) Wheat Bread(150) Lemon White-Chocolate Cookie(100)</p> <p>704 cal; 590mg sodium</p>	<p>3</p>  <p>MARCH</p> <p><i>In like a lion . . .</i></p> <p>636 cal; 992mg sodium</p>	<p>4</p> <p>Caribbean Pork Tacos with Lime(595)* Mexican Rice(70) Carrots(56) Tortilla Wrap(135) 2 Fresh Clementines(1)</p> <p>636 cal; 992mg sodium</p>	<p>5</p> <p>Haitian Stewed Chicken Drumstick(213) Plantains(4) Kale & Peppers(29) Wheat Bread(150) Fresh Banana(1)</p> <p>645 cal; 532mg sodium</p>	<p>6</p> <p>Pork & Bean Stew(146) Yellow Rice & Black-Eyed Peas(61) Green Beans(20) Garlic Bread(270) Pears(5) in tray</p> <p>791 cal; 637mg sodium</p>
<p>9</p> <p>Carib. Fish Curry(133) White Rice(25) Green Peas(20) Biscuit(310) Flavored Applesauce(15)</p> <p>830 cal; 638mg sodium</p>	<p>10</p>  <p>790 cal; 509mg sodium</p>	<p>11</p> <p>Chicken Sofrito(116) Yucca(15) Veggie Medley(54) Wheat Roll(150) Fresh Banana(1)</p> <p>748 cal; 471mg sodium</p>	<p>12</p> <p>Cod with Stewed Tomatoes(264) White Rice(25) Brussels Sprouts(26) Mini Cornbread Loaf(180) Small Cookie(70)</p> <p>826 cal; 700mg sodium</p>	<p>13</p> <p>Caribbean Beef with Peppers & Onions(132) Cilantro Lime Rice(67) Green Beans & Red Peppers(20) Wheat Bread(150) Peaches(5) in tray</p> <p>790 cal; 509mg sodium</p>
<p>16</p> <p>"Arroz con Frijoles" Yellow Rice & Beans(383) Broccoli(38) Wheat Roll(150) Yogurt(75)</p> <p>664 cal; 781mg sodium</p>	<p>17</p>  <p>HAPPY ST. PATRICK'S DAY</p> <p>664 cal; 1260mg sodium</p>	<p>18 High Sodium Meal</p> <p>Corned Beef & Cabbage(755)* Boiled Potato(133) Carrots(56) Mini Cornbread Loaf(180) 2 Fresh Clementines(1)</p> <p>664 cal; 1260mg sodium</p>	<p>19</p> <p>White Fish with Peach-Mango Salsa(105) White Rice(25) Veggie Medley(54) Wheat Roll(150) Fresh Apple(1)</p> <p>682 cal; 470mg sodium</p>	<p>20</p> <p>Latin's Shepherd Pie with beef, plantains, & potato(689)* Mixed Veg(51) Wheat Bread(150) Pineapple(1) in tray</p> <p>688 cal; 1026mg sodium</p>
<p>23</p> <p>Lentil Okra Coconut Stew(124) White Rice(25) California Veg(34) Wheat Roll(150) Pound Cake(240)</p> <p>819 cal; 708mg sodium</p>	<p>24</p>  <p>714 cal; 474mg sodium</p>	<p>25</p> <p>"Arroz con Pollo" Yellow Rice & Chicken(149) Broccoli(38) Wheat Bread(150) Fresh Pear(2)</p> <p>714 cal; 474mg sodium</p>	<p>26</p> <p>Jamaican Beef Stew(140) Brown Rice(25) Mixed Root Veg(65) Garlic Bread(270) Fresh Banana(1)</p> <p>876 cal; 636mg sodium</p>	<p>27</p> <p>Pork with Pineapple-Mango Salsa(59) Plantains(4) Carrots(56) Blueberry Snack Loaf(160) Apple Slices(10) in tray</p> <p>769 cal; 424mg sodium</p>
<p>30</p> <p>Stewed Tomato White Fish(264) Cilantro Lime Rice(67) Mixed Veg(51) Dinner Roll(100) Pudding(135)</p> <p>801 cal; 752mg sodium</p>	<p>31</p>  <p>... Out like a lamb.</p>	 <p>MARCH</p>	<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.