

CARIBBEAN MENU



Elder Services
of Cape Cod and the Islands



ELDER NUTRITION PROGRAM

Barnstable County APRIL 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>Happy Passover</p>	<p>1 Jambalaya with Chicken & Turkey Kielbasa(278) Yellow Rice(25) Broccoli(38) Wheat Roll(150) 2 Fresh Clementines(1)</p>	<p>2 Dominican Style Chicken(151) Rice & Beans(124) California Veg(34) Hawaiian Dinner Roll(80) Applesauce Cup(15)</p>	<p>3 Hot Dog(540)* Baked Beans(140) Green Beans with Red Pepper(20) Hot Dog Bun(85) Peaches in tray(5) Ketchup pkt(82)</p>
		635 cal; 627mg sodium	773 cal; 539mg sodium	883 cal; 1007mg sodium
<p>6 Sancocho with Beef & Chicken & Potato(213) White Rice(25) Broccoli(38) Hawaiian Dinner Roll(80) Fruited Yogurt(75)</p>	<p>7</p>	<p>8 BBQ Jerk Drumstick(464) Cilantro Lime Rice(67) Black Beans, Corn, & Peppers(61) Wheat Bread(150) 2 Fresh Clementines(1)</p>	<p>9 Caribbean Beef with Peppers & Onions(132) Stewed Beans(357) Broccoli(38) Garlic Bread(270) Lorna Doones(147)</p>	<p>10 "Frango Assado" Brazilian Chicken(118) Brown Rice & Pigeon Peas(70) California Veg(34) Biscuit(310) Pears in tray(5)</p>
914 cal; 566mg sodium		798 cal; 878mg sodium	994 cal; 1081mg sodium	758 cal; 672mg sodium
<p>13 "Bistec Encebollado" Puerto Rican Steak & Onions(132) Yucca(15) Green Peas(20) Wheat Roll(150) Chocolate Cake(182)</p>	<p>14</p>	<p>15 "Arroz con Atun" Yellow Rice & Tuna(271) Corn with Peppers(21) Cranberry Orange Snack Loaf(120) Fresh Banana(1)</p>	<p>16 HIGH SODIUM MEAL Baked Ham with Maple Brown Sugar Glaze(694)* Potato au Gratin(358) Green Beans with Red Pepper(20) Mini Cornbread Loaf(180) 2 Fresh Clementines(1)</p>	<p>17 Lentil Okra Coconut Stew(124) White Rice(25) Carrots(56) Wheat Bread(150) Apple Slices in tray(10)</p>
1104 cal; 634mg sodium		705 cal; 548mg sodium	861 cal; 1550mg sodium	720 cal; 500mg sodium
<p>20 SITES CLOSED</p>	<p>21</p>	<p>22 "Arroz con Camarones" Yellow Rice&Shrimp(442) Green Peas with Red Peppers(72) Wheat Roll(150) Fruited Yogurt(75)</p>	<p>23 Stewed Tomato White Fish(264) Cilantro Lime Rice(67) California Veg(34) Wheat Bread(150) Fresh Banana(1)</p>	<p>24 Pork with Peach-Mango Salsa(60) Plantains(4) Brussels Sprouts(26) Garlic Bread(270) Peaches in tray(5)</p>
PATRIOT'S DAY		631 cal; 874mg sodium	719 cal; 651mg sodium	732 cal; 500mg sodium
<p>27 Pastel de Tuna with Lemon(480) Roasted Potato(85) Broccoli(38) Wheat Bread(150) Pudding(135)</p>	<p>28</p>	<p>29 Haitian Stewed Chicken Drumstick(213) Yucca(15) Mixed Root Veg(65) Wheat Roll(150) Fresh Apple(1)</p>	<p>30 "Arroz con Pollo" Yellow Rice&Chicken(149) California Veg(34) Wheat Roll(150) Fresh Pear(2)</p>	<p>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</p>
657 cal; 1023mg sodium		718 cal; 579mg sodium	745 cal; 472mg 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.