

**CARIBBEAN MENU**

**ELDER NUTRITION PROGRAM**

**Barnstable County MAY 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
<p><i>In order to reduce sodium at this meal, you may want to save items such as bread, milk, or dessert &amp; have them with another meal or snack.</i></p>	<p><u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</u></p>			<p><b>1</b> Beef Picadillo(153) Brown Rice &amp; Pigeon Peas(70) Green Peas(20) Garlic Bread(270) Pineapple in tray(1)</p>
*indicates item with more than 500mg sodium				<b>812 cals; 649mg sodium</b>
<p><b>4</b> Caribbean Pork Tacos with Lime(440) Mexican Rice(70) Broccoli(38) 2 Tortilla Wraps(270) Fudge Cookie(80)</p>	<p><b>5</b>  CINCO de MAYO</p>	<p><b>6</b> Chicken Sofrito(115) Yucca(15) Green Beans &amp; Red Pepper(20) Mini Cornbread Loaf(180) Fresh Apple(1)</p>	<p><b>7</b> Cod with Stewed Tomatoes(264) White Rice(25) Broccoli(38) Wheat Roll(150) 2 Fresh Clementines(1)</p>	<p><b>8</b> Caribbean Beef with Peppers &amp; Onions(132) Cilantro Lime Rice(67) Veg Medley(54) Biscuit(310) Pears in tray(5)</p>
<b>800 cals; 1033mg sodium</b>		<b>798 cals; 466mg sodium</b>	<b>696 cals; 613mg sodium</b>	<b>958 cals; 703mg sodium</b>
<p><b>11</b> "Arroz con Camarones" Shrimp &amp; Yellow Rice(442) California Veg(34) Wheat Roll(150) Applesauce Cup(15)</p>	<p><b>12</b>  MOM A TITLE JUST ABOVE QUEEN</p>	<p><b>13</b> White Fish with Peach-Mango Salsa(105) White Rice(25) Carrots(56) Wheat Bread(150) Lemon White-Chocolate Cookie(100)</p>	<p><b>14</b> Latin Shepherd's Pie with Beef, Plantains, &amp; Potatoes(689)* Kale &amp; Peppers(29) Wheat Roll(150) 2 Fresh Clementines(1)</p>	<p><b>15</b> Lentil Okra Coconut Stew(124) White Rice(25) California Veg(34) Garlic Bread(270) Peaches in tray(5)</p>
<b>646 cals; 776mg sodium</b>		<b>750 cals; 571mg sodium</b>	<b>648 cals; 1004mg sodium</b>	<b>782 cals; 593mg sodium</b>
<p><b>18</b> "Arroz con Pollo" Chicken &amp; Yellow Rice(148) Mixed Veg(51) Blueberry Snack Loaf(160) Yogurt(75)</p>	<p><b>19</b>  MAY RAY DAY</p>	<p><b>20</b> Jamaican Beef Stew(140) Brown Rice(25) Broccoli(38) Wheat Roll(150) Fresh Pear(2)</p>	<p><b>21</b> BBQ Chicken Sandwich(360) Sweet Potato Fries(150) Zucchini &amp; Red Pepper(19) Sandwich Bun(75) Fresh Banana(1)</p>	<p><b>22</b> Pork with Pineapple-Mango Salsa(100) Plantains(4) Mixed Veg(51) Mini Cornbread Loaf(180) Cinn. Apple Slices(10)</p>
<b>896 cals; 569mg sodium</b>	<b>Enjoy the sun!</b>	<b>781 cals; 490mg sodium</b>	<b>760 cals; 740mg sodium</b>	<b>775 cals; 480mg sodium</b>
<p><b>25 SITES CLOSED</b></p> <p> Never Forget Their Service</p>	<p><b>26</b>  MEMORIAL DAY</p>	<p><b>27</b> Haitian Stewed Chicken Drumstick(213) Plantains(4) Brussels Sprouts(26) Wheat Roll(150) Fresh Banana(1)</p>	<p><b>26</b> Beef Picadillo(153) Brown Rice &amp; Pigeon Peas(70) Carrots(56) Wheat Roll(150) Yogurt(75)</p>	<p><b>29</b> Stewed Tomato White Fish(264) Cilantro Lime Rice(67) Broccoli(38) Wheat Bread(150) Pineapple in tray(1)</p>
		<b>652 cals; 529mg sodium</b>	<b>721 cals; 639mg sodium</b>	<b>739 cals; 655mg sodium</b>

**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.