

ELDER NUTRITION PROGRAM
Barnstable County – Caribbean Menu
SEPTEMBER 2026 MEALS ON WHEELS



Elder Services
of Cape Cod and the Islands

Main office in South Dennis 508-394-4630

CARIBBEAN MENU

Menu subject to change without notice.

Reservations & Cancellations must be made three business days in advance.

Each item is followed by milligrams (mg) of sodium in parentheses. Margarine adds 30mg; Milk adds 105mg.

Total calories (cals) & sodium for the entire meal including margarine & milk are noted below each day's item list.

<i>To reduce sodium and/or carbohydrate at this meal, you may want to save items such as bread, dessert, or milk & have them with another meal or snack.</i>	Tuesday, September 1	Wednesday, September 2 Chicken Sofrito(115) Yucca(15) Green Beans & Peppers(21) Wheat Bread(65) Fresh Peach(0)	Thursday, September 3 Pastelon with Beef & Plantains(277) Broccoli(38) Wheat Bread(65) Vanilla Pudding(130)	Friday, September 4 Pork Linguica with Onions(623)* Mashed Potato(23) Carrots(56) Cornbread loaf(180) Fresh Orange(1) 868 Cals; 1018mg Sodium
	SITES CLOSED	728 Cals; 351mg Sodium	855 Cals; 645mg Sodium	
Monday, September 7 SITES CLOSED 	Tuesday, September 8	Wednesday, September 9 "Arroz con Pollo" Chicken with Yellow Rice(150) Kale & Peppers(29) Hawaiian Dinner Roll(80) Applesauce(2) 708 Cals; 396mg Sodium	Thursday, September 10 Caribbean Pork Tacos with Lime(438) Mexican Rice(70) Green Peas(20) Tortilla Wrap(135) Fresh Banana(1) 692 Cals; 799mg Sodium	Friday, September 11 Cod with Stewed Tomatoes(264) White Rice(25) Broccoli(38) Wheat Bread(65) Oatmeal Cookie(90) 759 Cals; 617mg Sodium
Monday, September 14 BBQ Jerk Chicken Drumstick(464) "Mofungo" – Mashed Plantains(43) Mixed Root Veg(65) Dinner Roll(100) Vanilla Pudding(130) 790 Cals; 937mg Sodium	Tuesday, September 15	Wednesday, September 16 Latin Shepherd's Pie with Beef, Plantains, & Potato(689)* California Veg(34) Dinner Roll(100) Fresh Banana(1) 687 Cals; 959mg Sodium	Thursday, September 17 Lentil-Okra Coconut Stew(124) Mashed Potato(23) Carrots(56) Cornbread loaf(180) Applesauce(2) 728 Cals; 520mg Sodium	Friday, September 18 "Arroz con Camarones" Shrimp with Yellow Rice(462) Mixed Veg(51) Wheat Roll(150) Mandarin Fruit Cup(5) 683 Cals; 803mg Sodium
Monday, September 21 Creamy Cajun Salmon(226) Roasted Potato(85) Green Peas(20) Wheat Roll(150) Chocolate Brownie Cookie(125) 1041 Cals; 741mg Sodium	Tuesday, September 22	Wednesday, September 23 Dominican Style Chicken Thigh(151) Rice & Beans(124) Veg Medley(54) Wheat Roll(150) Fresh Orange(1) 785 Cals; 615mg sodium	Thursday, September 24 "Pescado con Coco" Coconut Fish(122) Plantains(4) Brussels Sprouts(26) Cornbread loaf(180) Fresh Banana(1) 896 Cals, 468mg Sodium	Friday, September 25 Pork with Pineapple-Mango Salsa(60) Yellow Rice & Black-Eyed Peas(61) Mixed Veg(51) Wheat Roll(150) Chocolate Pudding(135) 803 Cals; 592mg Sodium
Monday, September 28 Beef Picadillo(153) White Rice(25) Green Beans & Peppers(21) Wheat Bread(65) Peach Fruit Cup(5) 754 Cals; 404mg Sodium	Tuesday, September 29	Wednesday, September 30 "Pernil" Roasted Pork(65) Cilantro Lime Rice(67) Carrots(56) Dinner Roll(100) Fresh Orange(1) 727 Cals; 424mg Sodium	<u><i>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</i></u> *Indicates items with more than 500mg sodium	