

ELDER NUTRITION PROGRAM
Barnstable County - Caribbean Menu

OCTOBER 2026 MEALS ON WHEELS



Elder Services
of Cape Cod and the Islands

CARIBBEAN MENU

Main office in South Dennis 508-394-4630

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 are noted below each day & include margarine & milk.

<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>		<i>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</i> *Indicates items with more than 500mg sodium	Thursday, October 1 Cachupa Rica(697)* White Rice(25) Spinach with Peppers(65) Dinner Roll(100) Vanilla Pudding(130) 697 cals; 1152mg sodium	Friday, October 2 <i>"Bistec Encebollado"</i> Puerto Rican Steak & Onions(132) Yucca(15) Broccoli(38) Cornbread(180) Fresh Banana(1) 953 cals; 501mg sodium
Monday, October 5 <i>"Arroz con Atún"</i> Tuna with Rice & Beans(395) Green Beans & Peppers(21) Wheat Bread(65) Applesauce Cup(2) 755 cals; 618mg sodium	Tuesday, October 6 SITES CLOSED	Wednesday, October 7 Sancocho with Beef & Chicken & Potatoes(213) Mashed Potatoes(23) Carrots(56) Cornbread(180) Lorna Doones(150) 948 cals; 757mg sodium	Thursday, October 8 Chicken with Sage Cream Sauce(408) Butternut & Cheese Ravioli's(166) Broccoli(38) Wheat Roll(150) Apple Crisp in tray(50) 898 cals; 947mg sodium	Friday, October 9 Pork Linguica with Onions(623)* Yellow Rice(25) Veg Medley(54) Wheat Roll(150) Mandarin Fruit Cup(5) 858 cals; 992mg sodium
Monday, October 12 SITES CLOSED 	Tuesday, October 13 SITES CLOSED	Wednesday, October 14 <i>"Pollo Guisado"</i> Stewed Chicken(223) Black Eyed Peas(141) Kale & Peppers(56) Wheat Bread(65) Fresh Banana(1) 821 cals; 621mg sodium	Thursday, October 15 Curried Beef(170) Cilantro Lime Rice(67) Carrots(56) Wheat Bread(65) Mandarin Fruit Cup(5) 754 cals; 498mg sodium	Friday, October 16 Pastel de Tuna(481) Rice & Beans(124) Broccoli(38) Cornbread(180) Vanilla Pudding(130) 855 cals; 1088mg sodium
Monday, October 19 Creamy Cajun Chicken(38) Mashed Potatoes(23) California Veg(34) Dinner Roll(100) Chocolate Pudding(135) 743 cals; 465mg sodium	Tuesday, October 20 SITES CLOSED	Wednesday, October 21 Beef Picadillo(153) Brown Rice & Pigeon Peas(70) Mixed Veg(51) Dinner Roll(100) Mandarin Fruit Cup(5) 738 cals; 514mg sodium	Thursday, October 22 BBQ Jerk Pork(391) <i>"Mofungo"</i> - Mashed Plantains(43) Spinach(110) Wheat Bread(65) Fresh Banana(1) 807 cals; 745mg sodium	Friday, October 23 Stewed Tomato Chicken Drumstick(213) Yucca(15) Brussels Sprouts(26) Wheat Bread(65) Oatmeal Cookie(90) 790 cals; 544mg sodium
Monday, October 26 Caribbean Fish Curry(133) Yellow Rice(25) Tuscan Veg(26) Wheat Roll(150) Peach Cup(5) 657 cals; 474mg sodium	Tuesday, October 27 SITES CLOSED	Wednesday, October 28 HIGH SODIUM MEAL Pork Verde Tacos(595)* Mexican Rice(70) Broccoli(38) Tortilla Wrap(135) Pound Cake with Blueberries(240) Sour Cream pkt(35) 792 cals; 1248mg sodium	Thursday, October 29 Haitian Stewed Tomato White Fish(264) <i>"Mayi Moulén"</i> – Haitian Cornmeal Porridge(34) Green Peas(20) Wheat Roll(150) Pears(0) 750 cals; 603mg sodium	Friday, October 30 Pastelon with Beef & Plantains(277) California Veg(34) Dinner Roll(100) Fresh Banana(1) 826 cals; 547mg sodium