ELDER NUTRITION PROGRAM
Barnstable County - Caribbean Menu
NOVEMBER 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 & 1% milk.

Monday, November 2 *"Pernil"* Roasted Pork(60) Yellow Rice(26) Veg Medley(56) Hawaiian Roll(80) Fresh Orange(0) **750 cals; 357mg sodium**	**Tuesday, November 3** **SITES CLOSED**	**Wednesday, November 4** Chicken Sofrito(115) Yucca(15) Mixed Veg(51) Dinner Roll(100) Mandarin Fruit Cup(5) **722 cals; 421mg sodium**	**Thursday, November 5** Latin Shepherd's Pie with Beef/Plantains/Potato(689)* Broccoli(38) Wheat Bread(65) Lemon White-Chocolate Cookie(100) **776 cals; 1027mg sodium**	**Friday, November 6** Pork Linguica with Onions(623)* Mashed Potato(23) Green Beans/Red Pep.(21) Wheat Bread(65) Applesauce(2) **810 cals; 869mg sodium**
Monday, November 9 Caribbean Beef with Peppers & Onions(132) Cilantro Lime Rice(67) Mixed Veg(51) Whole Grain Biscuit(370) Peach Fruit Cup(5) **885 cals; 760mg sodium**	**Tuesday, November 10** **SITES CLOSED**	**Wednesday, November 11** ***SITES CLOSED*** 	**Thursday, November 12** Cod with Stewed Tomatoes(264) Brown Rice with Pigeon Peas(70) Broccoli(38) Dinner Roll(100) Pumpkin Bread(250) **898 cals; 857mg sodium**	**Friday, November 13** Caribbean Pork Tacos with Lime(595)* Mexican Rice(70) Brussels Sprouts(26) Tortilla Wrap(135) Chocolate Pudding(135) **672 cals; 1096mg sodium**
Monday, November 16 BBQ Jerk Chicken Drumstick(464) *"Mofungo"* Mashed Plantains(43) Kale & Red Peppers(29) Wheat Bread(65) Fig Newton(95) **795 cals; 831mg sodium**	**Tuesday, November 17** **SITES CLOSED**	**Wednesday, November 18** Pastelon with Beef & Plantains(277) Brussels Sprouts(26) Whole Grain Biscuit(370) Fresh Banana(1) **890 cals; 809mg sodium**	**Thursday, November 19** Roast Turkey with Gravy(488) Mashed Potato & Stuffing Garnish(268) Green Beans(20) Wheat Roll(150) Chocolate Brownie Cookie(115) **703 cals; 1176mg sodium**	**Friday, November 20** *"Arroz con Camarones"* Shrimp with Yellow Rice(462) California Veg(34) Cornbread Loaf(180) Tropical Fruit Cup(10) **765 cals;821mg sodium**
Monday, November 23 Creamy Cajun Chicken(238) Roasted Potato(85) Green Peas & Red Peppers(72) Wheat Roll(150) Oatmeal Cookie(90) **696 cals; 770mg sodium**	**Tuesday, November 24** **SITES CLOSED**	**Wednesday, November 25** *"Bacalhau"* Portuguese Salt Cod with Chickpeas & Egg(378) Rice & Beans(124) Mixed Root Veg(65) Hawaiian Roll(80) **855 cals; 782mg sodium**	**Thursday, November 26** ***SITES CLOSED*** 	**Friday, November 27** ***SITES CLOSED*** 
Monday, November 30 Beef Picadillo(153) White Rice(25) Green Beans/Red Pep.(21) Wheat Roll(150) Pound Cake with Blueberries(240) **833 cals; 724mg sodium**			***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.***	***Thank you for your voluntary donation of $4.00 per meal towards actual cost of $12.35*** ***Item has more than 500mg of sodium.**