



## Caribbean Menu- February 2021




Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>To cancel a meal please call (617) 522-6700 ext. 306 by 9am the previous day. A suggested donation of \$2.00 is requested. Each meal includes low fat milk and bread.</b></p> <p><b>Calories for the total meal (including milk and margarine ) are listed for each day. Milligrams of sodium are listed for each ITEM. Any item with more than 500mg is considered a higher sodium item and is identified with an (*) asterisk. All nutrition information was provided by City Fresh foods.</b></p> <p><b>Milk= 125mg sodium. Margarine= 35 mg sodium.</b></p> <p><b>Menu subject to change.</b></p> <p><b>Thank you</b></p>				<p><b>We are delivering using a no contact procedure. The driver will knock on your door or ring the door bell when they arrive at your home. Please verbally acknowledge the driver, who will then leave the meal on your door handle. A meal will not be left if there is no verbal response.</b></p>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Arroz con Carnitas (130) Yellow Rice (25) Kale & Peppers (12) Scali Bread (175) Chocolate Pudding (120) 1% Milk (125) Margarine (35)  Cal: 788 Sodium: 617 mg	Braised Chickpeas with Chorizo (471) Grits (53) Brussels Sprouts (15) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 718 Sodium: 874 mg	Pastelon with Beef & Plantains (Puerto Rican Lasagna) (225) Green Beans with Peppers (0) Scali Bread (174) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 739 Sodium: 555 mg	Brazilian Chicken (89) White Rice (25) Carrots (24) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 690 Sodium: 473 mg	Honey Jerk Shrimp & Scallops (305) Yellow Rice with Pigeon Peas (63) Carrots (24) Wheat Roll (180) Snack Loaf (150) 1% Milk (125) Margarine (35)  Cal: 946 Sodium: 853 mg
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Pork Linguica with Onions (351) Yucca (15) Green Beans with Peppers (0) Wheat Roll (180) Vanilla Pudding (115) 1% Milk (125) Margarine (35)  Cal: 843 Sodium: 816 mg	Baked Tomato Chili Chicken (182) White Rice with Lentils (25) Broccoli (0) Scali Bread (175) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 748 Sodium: 537 mg	Curried Beef (121) Rice & Beans (138) Kale & Corn (12) Cornbread Loaf (160) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 1081 Sodium: 586 mg	<p><b>Holiday Meal</b></p> BBQ Chicken (423) Sweet Potatoes (39) Brussels Sprouts (15) Scali Bread (175) Carrot Cake (200) 1% Milk (125) Margarine (35)  Cal: 871 Sodium: 1007 mg	Chorizo, Chicken, & Cotija Pastel with Lime Wedge (564)* Yellow Rice with Pigeon Peas (63) Carrots (24) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 1001 Sodium: 986 mg
<p><b>Please notify Ethos of any life threatening food allergies @ 617-477-6606</b></p>				



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<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<p><b>CLOSED</b></p> 	Green Chile Pork Tamale (240) Rice & Beans (138) Kale & Corn (12) Scali Bread (175) Chocolate Pudding (120) 1% Milk (125) Margarine (35)  Cal: 870 Sodium: 840 mg	Salt Cod Fritters with Lemon (187) Mashed Potatoes (32) Green Beans with Peppers (0) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 798 Sodium: 554 mg	Cachupa Rica with Fried Egg (594)* Buttermilk Biscuit (410) Carrots (24) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 791 Sodium: 1183 mg	Pescado con Coco (686)* (Fish with Coconut Sauce) Yellow Rice (25) Broccoli (0) Wheat Roll (180) Double Chocolate Brownie (90) 1% Milk (125) Margarine (35) Cal: 921 Sodium: 1136 mg
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Creamy Cajun Chicken (179) Mashed Potatoes (32) Green Beans with Peppers (0) Scali Bread (175) Vanilla Pudding (115) 1% Milk (125) Margarine (35)  Cal: 801 Sodium: 656 mg	Jamaican Beef Patty (470) White Rice with Lentils (25) Mixed Vegetables (18) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 890 Sodium: 848 mg	Haitian Spaghetti & Sausage (654)* Whole Grain Pasta (0) Brussels Sprouts (15) Cornbread Loaf (160) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 819 Sodium: 984 mg	Jerk Chicken (216) Yucca (15) Kale with Peppers (12) Wheat Roll (180) Fruit 90) 1% Milk (125) Margarine (35)  Cal: 724 Sodium: 578 mg	Tuna Pastel with Lemon (418) White Rice with Lentils (25) Mixed Vegetables (18) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 817 Sodium: 796 mg

February is National Heart Month, which is a time we should reflect on the importance of heart health. Here are a few nutrition tips to get started on a heart healthy diet.

- Limit sodium to less than 2,000 mg per day and less than 12 grams of saturated fats\* This might need to limit more if you have certain medical conditions.
- Aim to reduce trans fats in your diet- Look for partially hydrogenated oils in the ingredients.
- Increase whole grains to help with adding more fiber to your diet.
- Include more healthy fats, such as olive oil, nuts, fish, and avocados into your diet. Aim for fish or seafood twice a week.

**In January everyone received a storm package, which includes emergency meals for you to store in the event of a snow emergency this winter, if you did not receive one please call 617-477-6606**

**Please notify Ethos of any life threatening food allergies @ 617-477-6606**