



Caribbean Menu- March 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<p>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.</p> <p>March is National Nutrition Month! National Nutrition Month is a yearly nutrition education campaign to help focus on the importance of making informed choices and developing healthy eating and physical activity habits. This year's theme is "Personalize Your Plate." The theme helps remind us that food and activity habits are not "one size fits all," they should be able to be conformed based off age, physical ability, cultural beliefs, and economical capacity. When being provided nutrition or exercise tips remember to adjust to what fits best in your life to help make long term changes; the more adaptable it is to your life the easier and more sustainable it will be. Those who are providing the education, for example a fitness instructor or dietitian, are there and willing to help make modifications to a plan so you can be successful.</p>				<p>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.</p>
1	2	3	4	5
Chicken Kielbasa Jambalaya (384) Rice & Beans (138) Broccoli (0) Wheat Roll (180) Vanilla Pudding (115) 1% Milk (125) Margarine (35) Cal: 894 Sodium: 972 mg	Creole Shrimp & Chicken (249) Mofongo (Mashed Plantains) Green Beans with Peppers (0) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 821 Sodium: 606 mg	Cordero Guisado (76) (Stewed Lamb) Yucca (15) Collard Greens (65) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 840 Sodium: 491 mg	Brazilian Chicken (89) Mashed Potatoes (32) Carrots (24) Scali Bread (175) Snack Loaf (150) 1% Milk (125) Margarine (35) Cal: 694 Sodium: 625 mg	Fried Fish with Cajun Dipping Sauce (593)* Grits & Black Eyed Peas (18) California Blend Vegetables (15) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 724 Sodium: 961 mg
8	9	10	11	12
Curried Chicken (188) Roasted Sweet Potatoes (78) Brussels Sprouts (15) Wheat Roll (180) Chocolate Pudding (120) 1% Milk (125) Margarine (35) Cal: 819 Sodium: 736 mg	BBQ Jerk Pork (445) Mofongo (Mashed Plantains) (22) Beets & Greens (70) Whole Grain Cornbread (90) Fruit (0) 1% Milk (125) Margarine (35) Cal: 856 Sodium: 782 mg	Haitian Spaghetti with Chicken Kielbasa (655)* Broccoli (0) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 724 Sodium: 990 mg	Braised Beef (118) Rice & Beans (138) Vegetable Medley (18) Scali Bread (175) Fruit (0) 1% Milk (125) Margarine (35) Cal: 943 Sodium: 604 mg	Arroz con Camarones (187) (Shrimp) Kale (12) Wheat Roll (180) Shortbread Cookies (150) 1% Milk (125) Margarine (35) Cal: 794 Sodium: 709 mg

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



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Monday	Tuesday	Wednesday	Thursday	Friday
High Sodium Meal 15	High Sodium Meal 16	St. Patrick's Day 17	18	19
Smoked Chicken Sausage with Onions & Peppers (852)* Yucca (15) Green Beans with Peppers (0) Wheat Roll (180) Vanilla Pudding (115) 1% Milk (125) Margarine (35) Cal: 758 Sodium: 1317 mg	Dominican Style Turkey (788)* Rice & Beans (138) Broccoli (0) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 753 Sodium: 1261 mg	Corned Beef with Cabbage (630)* Garlic Mashed Potatoes (32) Carrots (24) Whole Grain Cornbread (90) Holiday Cookie (90) 1% Milk (125) Margarine (35) Cal: 890 Sodium: 1021 mg	Chicken Sofrito (100) White Rice with Lentils (25) California Blend Vegetables (15) Scali Bread (175) Fruit (0) 1% Milk (125) Margarine (35) Cal: 690 Sodium: 470 mg	Tuna Pastel with Lemon (418) White Rice & Quinoa (13) Peas & Corn (0) Wheat Roll (180) Warm Pineapples (0) 1% Milk (125) Margarine (35) Cal: 876 Sodium: 791 mg
22	23	24	25	26
Latin Shepard's Pie with Beef & Plantains (358) Vegetable Medley (18) Scali Bread (175) Chocolate Pudding (120) 1% Milk (125) Margarine (35) Cal: 853 Sodium: 826 mg	Salmon with Peach Sauce (134) Mashed Potatoes (32) Broccoli (0) Scali Bread (175) Fruit (0) 1% Milk (125) Margarine (35) Cal: 707 Sodium: 496 mg	Morrish Chicken (416) White Rice (25) Kale with Peppers (0) Wheat Roll (180) Mini Cheesecake (330) 1% Milk (125) Margarine (35) Cal: 1015 Sodium: 1118mg	Pork & Black Bean Stew (175) Roasted Potatoes (79) Carrots (24) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 759 Sodium: 613 mg	Breaded Catfish Strips with Onion & Pepper Sauce (425) Creole Rice (25) Green Peas (0) Wheat Roll (180) Tropical Fruit Mix (0) 1% Milk (125) Margarine (35) Cal: 693 Sodium: 785 mg
29	30	31		
Haitian Stewed Chicken Drumsticks (308) Mashed Potatoes (32) Corn with Peppers (0) Wheat Roll (180) Vanilla Pudding (115) 1% Milk (125) Margarine (35) Cal: 752 Sodium: 790 mg	Curried Beef (120) Yellow Rice (25) Broccoli (0) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 794 Sodium: 480 mg	Braised Chickpeas & Chorizo (472) Black Eyed Peas & Grits (18) Brussels Sprouts (15) Scali Bread (175) Fruit (0) 1% Milk (125) Margarine (35) Cal: 694 Sodium: 835 mg	<p>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.</p> <p>Milk= 125mg sodium. Margarine= 35 mg sodium.</p> <p>Menu subject to change.</p> <p>Thank you</p>	

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