



Caribbean Menu- April 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>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>			Easter Holiday Meal	1
			Honey Glazed Ham with Raisins (357) Scalloped Potatoes (304) Carrots (24) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 857 Sodium: 1020 mg	Pescado con Coco (686)* (Fish in Coconut Sauce) Yellow Rice (25) Vegetable Medley (24) Wheat Roll (180) Mandarin Oranges (5) 1% Milk (125) Margarine (35) Cal: 826 Sodium: 1075 mg
5	6	7	8	9
Pork Linguica with Onions (351) Mashed Potatoes (32) Green Beans with Peppers (0) Wheat Roll (180) Vanilla Pudding (130) 1% Milk (125) Margarine (35) Cal: 813 Sodium: 866 mg	Creamy Cajun Chicken (176) Roasted Potatoes (79) Mixed Vegetables (0) Scali Bread (175) Tropical Fruit Cup (0) 1% Milk (125) Margarine (35) Cal: 710 Sodium: 585 mg	Salt Cod Fritters with Lemon (150) Yellow Rice (25) Broccoli (0) Wheat Roll (180) Mini Caramel Cheesecake (350) 1% Milk (125) Margarine (35) Cal: 990 Sodium: 860 mg	BBQ Jerk Pork Chop (631)* Yucca (15) Collard Greens (65) Scali Bread (175) Clementines (2) 1% Milk (125) Margarine (35) Cal: 947 Sodium: 1043 mg	Baked Tomato Chili Chicken (182) Yellow Rice with Pigeon Peas (63) Brussels Sprouts (15) Wheat Roll (180) Mandarin Oranges (5) 1% Milk (125) Margarine (35) Cal: 741 Sodium: 600 mg
12	13	14	15	16
Frango Asado (89) (Brazilian Chicken) Mofongo (Mashed Plantains) (22) Kale with Peppers (12) Scali Bread (175) Chocolate Pudding (135) 1% Milk (125) Margarine (35) Cal: 688 Sodium: 588 mg	Honey Jerk Shrimp & Scallops (489) White Rice (25) Broccoli (0) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 707 Sodium: 849 mg	Arroz con Carnitas (Beef) (130) Yellow Rice (25) Vegetable Medley (24) Whole Grain Cornbread (90) Tropical Fruit Cup (0) 1% Milk (125) Margarine (35) Cal: 903 Sodium: 424 mg	Cordero Guisado (76) (Stewed Lamb) Yucca (15) Carrots (24) Scali Bread (175) Clementines (2) 1% Milk (125) Margarine (35) Cal: 751 Sodium: 447 mg	Chorizo, Chicken & Cotija Pastel with Lime Wedge (564)* White Rice with Lentils (25) Mixed Vegetables (18) Wheat Roll (180) Mandarin Oranges (5) 1% Milk (125) Margarine (35) Cal: 948 Sodium: 947 mg

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



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Monday	Tuesday	Wednesday	Thursday	Friday
19	20	21	22	23
<p>CLOSED</p> 	Jamaican Beef Patty (470) Black Eyed Peas & Grits (18) California Blend Vegetables (15) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 828 Sodium: 838 mg	Jerk Chicken (216) Mofongo (Mashed Plantains) (22) Broccoli (0) Scali Bread (175) Banana (0) 1% Milk (125) Margarine (35) Cal: 769 Sodium: 568 mg	Cachupa Rica (567)* (Cape Verdean Stew) with Whole Grain Biscuit (410) Carrots (24) Tropical Fruit Cup (0) 1% Milk (125) Margarine (35) Cal: 686 Sodium: 1156 mg	Tuna Pastel with Lemon (418) Yellow Rice with Pigeon Peas (63) Green Peas (0) Snack Loaf (150) Fruit (0) 1% Milk (125) Margarine (35) Cal: 901 Sodium: 786 mg
26	27	28	29	30
Curried Beef (120) Rice & Beans (138) Collard Greens (65) Wheat Roll (180) Chocolate Pudding (135) 1% Milk (125) Margarine (35) Cal: 958 Sodium: 793 mg	Braised Chickpeas with Chorizo (555)* Yellow Rice (25) Green Beans with Peppers (0) Wheat Roll (180) Peaches (4) 1% Milk (125) Margarine (35) Cal: 694 Sodium: 919 mg	Crispy Chicken with Mushroom Okra Sauce (507)* Mashed Potatoes (32) Carrots (24) Garlic Bread (210) Double Chocolate Brownie (90) 1% Milk (125) Margarine (35) Cal: 826 Sodium: 1018 mg	Pastelon with Beef & Plantains (Puerto Rican Lasagna) (225) Mixed Vegetables (18) Scali Bread (175) Clementines (2) 1% Milk (125) Margarine (35) Cal: 728 Sodium: 575 mg	Pork Chop with Mango Pineapple Salsa (68) White Rice (25) Broccoli (0) Wheat Roll (180) Mandarin Oranges (5) 1% Milk (125) Margarine (35) Cal: 878 Sodium: 433 mg
<p>To prevent food-borne illness, it is important that your meals are reheated to the proper temperature to kill bacteria. If you don't plan on eating the hot home delivered meals immediately, refrigerate them until you're ready to eat and be sure that it isn't sitting at room temperature for longer than 2 hours. When ready, reheat your meal to an internal temperature of 165°F or until steaming hot.</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>	

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