



Caribbean Menu- May 2021



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.
 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.
 Milk= 125mg sodium. Margarine= 30 mg sodium.
Menu subject to change.
 Thank you

In April you receive a survey for your Home delivered meals. If you have not returned the survey please do ASAP. Thank you!

Your feedback helps us to serve you better!




Monday	Tuesday	Wednesday	Thursday	Friday
High Sodium Meal				
3	4	5	6	7
Smoked Chicken Sausage with Peppers & Onions (851)* Yucca (15) Green Beans with Peppers (6) Wheat Roll (135) Vanilla Pudding (130) 1% Milk (125) Margarine (30) Cal: 737 Sodium: 1293 mg	Moorish Chicken (416) White Rice (25) Carrots (30) White Bread (150) Tropical Fruit Cup (0) 1% Milk (125) Margarine (30) Cal: 715 Sodium: 776 mg	Cod with Stewed Tomatoes (163) Yellow Rice (25) California Blend Vegetables (21) White Bread (150) Key Lime Pie (95) 1% Milk (125) Margarine (30) Cal: 740 Sodium: 609 mg	Latin Shepherd's Pie with Plantains (358) Collard Greens (65) Wheat Roll (135) Pears (5) 1% Milk (125) Margarine (30) Cal: 807 Sodium: 718 mg	Haitian Stewed Drumstick with Jerk Sauce (533)* Black Eyed Peas & Grits (18) Broccoli (6) Wheat Roll (135) Fresh Banana (1) 1% Milk (125) Margarine (30) Cal: 775 Sodium: 848 mg
10	11	12	13	14
Pork Linguica with Onions (351) White Rice (25) Cauliflower with Peppers (29) White Bread (150) Chocolate Pudding (135) 1% Milk (125) Margarine (30) Cal: 811 Sodium: 854mg	Haitian Spaghetti (Chicken) (656)* Whole Grain Spaghetti (0) Kale & Pepper Blend (18) White Bread (150) Applesauce (10) 1% Milk (125) Margarine (30) Cal: 680 Sodium: 989 mg	Brazilian Chicken (89) Mashed Potatoes (32) Green Peas (6) Wheat Roll (135) Fig Bar (30) 1% Milk (125) Margarine (30) Cal: 784 Sodium: 452 mg	Arroz con Camarones (Shrimp) (283) Yellow Rice (25) Broccoli (6) Wheat Roll (135) Peach Cup (5) 1% Milk (125) Margarine (30) Cal: 700 Sodium: 609 mg	Caribbean Jerk Pork (568)* Mofongo (Mashed Plantains) (22) Beets & Greens (116) Wheat Roll (135) Mandarin Oranges (5) 1% Milk (125) Margarine (30) Cal: 751 Sodium: 1001 mg

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



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Monday	Tuesday	Wednesday	Thursday	Friday
17	18	19	20	21
Chicken w/Chorizo Creole Sauce (495) White Rice w/Lentils (25) Vegetable Medley (24) White Bread (150) Vanilla Pudding (130) 1% Milk (125) Margarine (30) Cal: 777 Sodium: 979 mg	Cordero Guisado (Stewed Lamb) (76) Yucca (15) Black Beans, Corn, & Peppers (94) Whole Grain Biscuit (410) Pineapple (5) 1% Milk (125) Margarine (30) Cal: 955 Sodium: 755 mg	Salmon w/Mango Pineapple Salsa(101) Yellow Rice w/ Pigeon Peas(63) Green Beans with Peppers (6) Wheat Roll (135) Clementines (2) 1% Milk (125) Margarine (30) Cal: 684 Sodium: 462 mg	Curried Chicken (188) Mofongo (Mashed Plantains) (22) Broccoli & Peppers (6) White Bread (150) Fresh Banana (1) 1% Milk (125) Margarine (30) Cal: 807 Sodium: 522 mg	Turkey Kielbasa Jambalaya (502) White Rice w/ Lentils (25) Carrots (30) Wheat Roll (135) Mandarin Oranges (5) 1% Milk (125) Margarine (30) Cal: 689 Sodium: 852 mg
24	25	26	Holiday Meal	27
Dominican Chicken (134) White Rice (25) Brussels Sprouts (21) Wheat Roll (135) Chocolate Pudding (135) 1% Milk (125) Margarine (30) Cal: 695 Sodium: 605 mg	Creole Shrimp & Pork (392) Yellow Rice w/ Black Eyed Peas(26) Carrots (30) Wheat Roll (135) Pineapple (5) 1% Milk (125) Margarine (30) Cal: 794 Sodium: 743 mg	Pork & Black Bean Stew (175) Mashed Potatoes (32) Collard Greens (65) Whole Grain Cornbread (90) Clementines (2) 1% Milk (125) Margarine (30) Cal: 704 Sodium: 519 mg	Hamburger on Wheat Bun (452) Potato Wedges (20) Ketchup (85) Green Beans with Peppers (6) Pound Cake (240) 1% Milk (125) Margarine (30) Cal: 913 Sodium: 928 mg	Pescado con Coco (Fish in Coconut Sauce) (686) Yellow Rice (25) Kale & Pepper Blend (18) White Bread (150) Pears (5) 1% Milk (125) Margarine (30) Cal: 748 Sodium: 1039 mg
31				
CLOSED 	<p>May is Older Americans Month. As someone ages, they may not feel thirsty. The body still needs fluids even if they do not feel thirsty all of the time. It will be important to remember drink beverages throughout the day. Juice, flavored waters, coffee/tea and sodas can add to your hydration, but getting enough water will be the most important! In additional to proper hydration, there are certain nutrients that become more important as we age. Calcium and Vitamin D are two of the important nutrients to increase to help maintain bone health. Calcium and Vitamin D can be found in dairy products and non-dairy products fortified with calcium and vitamin D.</p> <p><i>From the desk of Mary Lonzo M.Ed, RD, LDN</i> <i>Community Dietitian</i></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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