

# Ethos Caribbean Menu-March 2022



A suggested donation of \$2.00 is requested for each meal.  
 Calories and sodium for the total meal, including milk and margarine are listed at the bottom of each day.  
 Milligrams of sodium (NA+) are listed next to each item. Any item with more than 500mg is considered a higher sodium item and is identified with an (\*) asterisk.  
 Milk= 125mg sodium Margarine= 30 mg sodium  
 All nutrition information was provided by City Fresh Foods.  
**To cancel a meal please call (617) 477-6606 by 9am the previous day.**  
**Menu subject to change.**

All HDM Drivers will be required to see someone at delivery, and will be required to ask about clients at least twice week.  
**No Home Delivered Meal will be left without seeing someone at delivery.**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Jambalaya w/ Turkey Kielbasa* Yucca Broccoli Wheat Roll Fruit  <b>Cal:687 CHO:89g Na:832mg</b>	<b>2</b> Caribbean Fish Curry Rice and Beans California Blend Vegetables Wheat Bread Fruit  <b>Cal:691 CHO:92g Na:829mg</b>	<b>3</b> Creole Chicken* Plantains Vegetable Medley Wheat Roll Fruit  <b>Cal:693 CHO:90g Na:868mg</b>	<b>4</b> Salt Cod Fritter w/ Lemon Yellow Rice Brussel Sprouts Wheat Roll Peach Crisp  <b>Cal:955 CHO:133g Na:615mg</b>
<b>7</b> Arroz con Pollo Yellow Rice Tuscan Blend Vegetables Wheat Roll Chocolate Pudding  <b>Cal:691 CHO:77g Na:669mg</b>	<b>8</b> Pork & Kidney Bean Stew Brown Rice Green Beans Whole Grain Cornbread Fruit  <b>Cal:799 CHO:111g Na:569mg</b>	<b>8</b> Onions Roasted Potatoes Vegetable Medley Snack Loaf Fruit  <b>Cal:757 CHO:84g Na:525mg</b>	<b>10</b> Oven Fried Chicken Grits & Black Eyed Peas Mixed Vegetables Wheat Roll Fruit  <b>Cal:734 CHO:88g Na:465mg</b>	<b>11</b> Cod w/ Stewed Tomatoes Yellow Rice Broccoli Wheat Bread Shortbread Cookie  <b>Cal:691 CHO:77g Na:950mg</b>

## Celebrate the 50th Anniversary of the Nutrition Program!

Since 1972, the National Senior Nutrition Program has supported nutrition services for older adults across the country. Funded by the Older Americans Act, local senior nutrition programs serve as hubs for older adults to access nutritious meals and other vital services that strengthen social connections and promote health and wellbeing. If you/someone you know is interested in Nutrition or other senior services, please contact Ethos at 617-477-6606.



**SENIOR NUTRITION PROGRAM**  
 CELEBRATE • INNOVATE • EDUCATE

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

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Monday		Tuesday		Wednesday		Thursday		Friday	
<b>14</b>	<b>NA+</b>	<b>15</b>	<b>NA+</b>	<b>16</b>	<b>NA+</b>	<b>17</b>	<b>NA+</b>	<b>18</b>	<b>NA+</b>
High Sodium Meal		Brazilian Chicken	86	BBQ Jerk Turkey *	776	<i>Happy St. Patrick's Day</i>		Arroz con Camarones (Shrimp)	422
Braised Chickpeas w/ Chorizo*	786	Rice & Beans	93	Yellow Rice & Pigeon Peas	63	High Sodium Meal		White Rice	25
Mashed Potatoes	113	Green Beans w/ Peppers	6	Green Peas	6	Corned Beef w/ Cabbage*	856	Mixed Vegetables	17
Wheat Bread	135	Fruit	0	Fruit	0	Boiled Potatoes	105	Fruit	0
Vanilla Pudding	130					Whole Grain Cornbread	90		
						Chocolate Chip Cookie	70		
<b>Cal:698 CHO:85g Na:1349mg</b>		<b>Cal:742 CHO:95g Na:475mg</b>		<b>Cal:778 CHO:108g Na:1090mg</b>		<b>Cal:750 CHO:77g Na:1306mg</b>		<b>Cal:713 CHO:74g Na:754mg</b>	
<b>21</b>	<b>NA+</b>	<b>22</b>	<b>NA+</b>	<b>23</b>	<b>NA+</b>	<b>24</b>	<b>NA+</b>	<b>25</b>	<b>NA+</b>
Jamaican Beef Patty	470	Creamy Cajun Chicken*	860	Pernil "Slow Roasted Pork"	163	Latin Shepherd's Pie	202	Pescado con Coco*	686
Mashed Potatoes	113	Whole Grain Pasta	0	White Rice w/ Pigeon Peas	63	w/ Beef & Plantains		Yellow Rice	25
Broccoli	6	California Blend Vegetables	36	Vegetable Medley	18	Green Beans w/ Peppers	6	Mixed Vegetables	17
Wheat Roll	135	Wheat Roll	135	Wheat Bread	135	Whole Grain Garlic Toast	120	Wheat Roll	135
Chocolate Pudding	135	Fruit	0	Cinnamon Pears	10	Shortbread Cookie	150	Fruit	0
<b>Cal:778 CHO:118g Na:1014mg</b>		<b>Cal:703 CHO:83g Na:1186mg</b>		<b>Cal:738 CHO:75g Na:544mg</b>		<b>Cal:787 CHO:84g Na:633mg</b>		<b>Cal:724 CHO:77g Na:1018mg</b>	
<b>28</b>	<b>NA+</b>	<b>29</b>	<b>NA+</b>	<b>30</b>	<b>NA+</b>	<b>31</b>	<b>NA+</b>		
Caribbean Jerk Pork	483	Chorizo Creole Chicken	350	Curried Beef	133	Haitian Spaghetti & Chicken			
White Rice w/ Lentils	25	Mashed Potatoes	113	Yellow Rice	25	Sausage*	665		
Vegetable Medley	18	Carrots	30	Green Beans w/ Peppers	6	Whole Grain Pasta	0		
Vanilla Pudding	130	Fruit	0	Oatmeal Cookie	105	Mixed Vegetables	17		
<b>Cal:825 CHO:100g Na:946mg</b>		<b>Cal:790 CHO:95g Na:738mg</b>		<b>Cal:685 CHO:71g Na:559mg</b>		<b>Cal:722 CHO:95g Na:927mg</b>			

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is encouraged to learn about making informed food choices and developing healthful eating and physical activity habits. Some healthy lifestyle tips are:



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| <ul style="list-style-type: none"> <li>- Eat breakfast</li> <li>- Make half you plate fruits and vegetables</li> <li>- Create healthy snacks</li> <li>- Make an effort to reduce food waste</li> <li>- Slow down at meal time</li> <li>- Get cooking at home</li> </ul> | <ul style="list-style-type: none"> <li>- Reduce added sugar intake</li> <li>- Explore new foods and flavors</li> <li>- Watch portion sizes</li> <li>- Be active</li> <li>- Get to know the food label</li> <li>- Follow food safety guidelines</li> </ul> | <ul style="list-style-type: none"> <li>- Consult a Registered Dietitian</li> <li>- Experiment with plant based meals</li> <li>- Use less salt</li> <li>- Make an effort to reduce food waste</li> <li>- Drink more water</li> <li>- Eat more seafood</li> </ul> |
| <ul style="list-style-type: none"> <li>- Create meal times</li> <li>- Add in fiber</li> <li>- Supplement with caution - always speak with a healthcare provider first</li> </ul>  |   |   |

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