

Ethos Caribbean HDM Menu-May 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. All nutrition information was provided by City Fresh foods.

Milk= 125mg sodium Margarine= 35 mg sodium

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 5/2		Tuesday 5/3		Wednesday 5/4		Thursday 5/5		Friday 5/6	
	NA+		NA+		NA+		NA+		NA+
Haitian Stewed Chicken Drumstick	406	Curried Beef & Vegetables	236	Caribbean Fish Curry	410	Creole Chicken	557	Salt Cod Fritter w/ Lemon	205
Yucca	33	Mashed Potatoes	113	Rice and Beans	93	Plantains	3	Yellow Rice	25
Zucchini & Brussels	17	Broccoli	6	California Blend Vegetables	36	Vegetable Medley	18	Brussel Sprouts	23
Whole Grain Biscuit	135	Wheat Roll	135	Wheat Bread	135	Wheat Roll	135	Wheat Roll	135
Fruit	0	Fruit	0	Mixed Fruit	10	Chocolate Chip Cookie	85	Fruit	0
Cal:728 CHO:85g Na:746mg		Cal:687 CHO:75g Na:645mg		Cal:691 CHO:92g Na:839mg		Cal:693 CHO:90g Na:953mg		Cal:805 CHO:100g Na:543mg	
Monday 5/9		Tuesday 5/10		Wednesday 5/11		Thursday 5/12		Friday 5/13	
	NA+		NA+		NA+		NA+		NA+
Grilled Chicken Thigh	188	Pork & Kidney Bean Stew	223	Caribbean Beef w/ Peppers & Roasted Potatoes	147	Oven Fried Chicken	149	Cod w/ Stewed Tomatoes	479
Caribbean Macaroni & Cheese	323	Brown Rice	95	Vegetable Medley	18	Grits & Black Eyed Peas	14	Yellow Rice	25
Collard Greens	65	Green Beans	6	Snack Loaf	90	Tuscan Vegetables	17	Broccoli	6
Wheat Bread	135	Whole Grain Cornbread	90	Fruit	0	Wheat Roll	135	Wheat Bread	135
Chocolate Pudding	130	Fruit	0			Fruit	0	Shortbread Cookie	150
Cal:691 CHO:77g Na:1072mg		Cal:799 CHO:111g Na:569mg		Cal:757 CHO:84g Na:525mg		Cal:734 CHO:88g Na:470mg		Cal:691 CHO:77g Na:950mg	

Nutrient Needs for Older Adults

The following table outlines the Recommended Dietary Allowance (RDA) or Adequate Intake (AI) for adults ages 51 years and older. The RDA/AIs are average daily intakes of nutrients that meet the needs of nearly 98% of the population. Ethos meals meets 1/3 of RDA.

Nutrient Needs:

- Fiber Male: 30 g Female: 21 g
- Vitamin A - Males: 900 µg Females: 700 µg
- Vitamin B12 - Males: 2.4 µg Females: 2.4 µg
- Vitamin C - Males: 90 mg Females: 75 mg
- Sodium - Males: 1500 mg Females: 1500 mg
- Vitamin D - Males: 51-70: 15 mg; Males: >70: 20 mg Females: 51-70: 15 mg; Females >70: 20 mg
- Calcium - Males: 51-70: 1000 mg; Males >70: 1200 mg Females: 1200 mg
- Potassium - Males: 3400 mg Females: 2600 mg



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

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Monday 5/16		Tuesday 5/17		Wednesday 5/18		Thursday 5/19		Friday 5/20	
	<u>NA+</u>		<u>NA+</u>		<u>NA+</u>		<u>NA+</u>		<u>NA+</u>
Arroz con Camarones (Shrimp)	422	Brazilian Chicken	86	Braised Chickpeas & Chorizo*	786	Haitian Spaghetti w/Chicken Sausage	665	Jambalaya w/ Turkey Kielbasa*	502
White Rice	25	Roasted Potatoes	115	Cheesy Grits	116	Whole Grain Pasta	0	Yucca	34
Carrots	30	Broccoli	6	Mixed Vegetables	17	California Blend Vegetables	6	Green Beans w/Peppers	6
Snack Loaf	90	Wheat Roll	135	Whole Grain Cornbread	90	Wheat Roll	135	White Bread	150
Fruit	0	Cinnamon Pears	10	Fruit	0	Oatmeal Cookie	85	Fruit	0
Cal:740 CHO:85g Na:722mg		Cal:862 CHO:96g Na:507mg		Cal:704 CHO:80g Na:1164mg		Cal:702 CHO:100g Na:1046mg		Cal:713 CHO:74g Na:754mg	
Monday 5/23		Tuesday 5/24		Wednesday 5/25		Thursday 5/26		Friday 5/27	
	<u>NA+</u>		<u>NA+</u>		<u>NA+</u>		<u>NA+</u>		<u>NA+</u>
Jamaican Beef Patty	470	Creamy Cajun Chicken*	760	Pernil "Slow Roasted Pork"	163	High Sodium Meal	<u>NA+</u>	Pescado con Coco*	686
Sweet Potatoes	60	Pasta	0	White Rice w/ Pigeon Peas	63	Holiday Meal	<u>NA+</u>	Mashed Potatoes	113
Tuscan Blend Vegetables	31	California Blend Vegetables	36	Green Beans w/Peppers	6	Hamburger	500	Green Peas	17
Whole Grain Cornbread	90	Wheat Roll	135	Wheat Bread	135	Sweet Potato Tater Tots	189	Wheat Roll	135
Vanilla Pudding	130	Fruit	0	Cinnamon Pears	10	Cucumber Salad	50	Fruit	0
Cal:778 CHO:118g Na:969mg		Cal:703 CHO:83g Na:1086mg		Cal:738 CHO:75g Na:532mg		Cal:787 CHO:92g Na:1387mg		Cal:724 CHO:77g Na:1106mg	
Monday 5/30		Tuesday 5/31		Wednesday 5/31		Thursday 5/31		Friday 5/31	
Closed			<u>NA+</u>	A Special Focus on Select Nutrients: - Calcium and Vitamin D are two micronutrients that are important for maintaining bone health, especially in older adults. Low intakes of calcium and vitamin D can contribute to bone loss and osteoporosis. Food sources are: Broccoli, kale, spinach, bok choy, collard greens, Low-fat or fat-free dairy products, Fortified foods: cereals, juices, soy products - Vitamin B12 plays a role in red blood cell production and neurological function. It is an important micronutrient for older adults because they may not be able to absorb enough of it, which can lead to several adverse health effects. Food sources are: Eggs, chicken, liver, beef, salmon, tuna, trout; Low-fat or non-fat dairy products. - Fiber plays an important role in gut health. It not only promotes bowel regularity, but also can also help to maintain blood sugar levels and hunger. Food sources are: Whole grains: wheat bread, brown rice, oats, nuts, legumes, fruits & vegetables - Potassium helps regulate fluid volume in the body. Ensuring you get enough potassium, while also limiting sodium intake, can reduce the risk of high blood pressure. Food sources are: Fruits and vegetables, Legumes: lentils, kidney beans, soybeans, Low-fat or fat-free dairy products, Meat: chicken, salmon - Dietary fats support cell growth, provide insulation, and aid in the transport and absorption of some nutrients in the body. We want to consume more polyunsaturated and monounsaturated fats, which help lower cholesterol levels in the body. We also want to consume less saturated and trans fats, which raise cholesterol levels. Food sources are: Nuts Seeds: flaxseeds, chia seeds, pumpkin seeds, avocados; Vegetable oils: sunflower oil, soybean oil; Fish: Salmon, cod, sardines.					
 Holiday meals will be sent out the week of 5/23/2022.		Caribbean Jerk Chicken	483	White Rice w/Lentils	113	Wheat Bread	135	Fruit	0
		Cal:910 CHO:89g Na:1070mg							

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