<table>
<thead>
<tr>
<th>Monday 5/2</th>
<th>Tuesday 5/3</th>
<th>Wednesday 5/4</th>
<th>Thursday 5/5</th>
<th>Friday 5/6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Haitian Stewed Chicken</td>
<td>NA+</td>
<td>Curried Beef &amp; Vegetables</td>
<td>NA+</td>
<td>Caribbean Fish Curry</td>
</tr>
<tr>
<td>Drumstick</td>
<td>406</td>
<td>Mashed Potatoes</td>
<td>236</td>
<td>Rice and Beans</td>
</tr>
<tr>
<td>Yucca</td>
<td>33</td>
<td>Broccoli</td>
<td>113</td>
<td>Plantains</td>
</tr>
<tr>
<td>Zucchini &amp; Brussels</td>
<td>17</td>
<td>California Blend Vegetables</td>
<td>6</td>
<td>Vegetable Medley</td>
</tr>
<tr>
<td>Whole Grain Biscuit</td>
<td>135</td>
<td>Wheat Roll</td>
<td>135</td>
<td>Mixed Fruit</td>
</tr>
<tr>
<td>Fruit</td>
<td>0</td>
<td>Fruit</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Cal:728 CHO:85g Na:746mg</td>
<td>Cal:687 CHO:75g Na:645mg</td>
<td>Cal:691 CHO:92g Na:839mg</td>
<td>Cal:693 CHO:90g Na:953mg</td>
<td>Cal:805 CHO:100g Na:543mg</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday 5/9</th>
<th>Tuesday 5/10</th>
<th>Wednesday 5/11</th>
<th>Thursday 5/12</th>
<th>Friday 5/13</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled Chicken Thigh</td>
<td>NA+</td>
<td>Pork &amp; Kidney Bean Stew</td>
<td>NA+</td>
<td>Caribbean Beef w/ Peppers &amp; Roasted Potatoes</td>
</tr>
<tr>
<td>Caribbean Macaroni &amp; Cheese</td>
<td>188</td>
<td>Brown Rice</td>
<td>223</td>
<td>Vegetables Medley</td>
</tr>
<tr>
<td>Collard Greens</td>
<td>323</td>
<td>Green Beans</td>
<td>95</td>
<td>Snack Loaf</td>
</tr>
<tr>
<td>Wheat Bread</td>
<td>65</td>
<td>Whole Grain Cornbread</td>
<td>90</td>
<td>Fruit</td>
</tr>
<tr>
<td>Chocolate Pudding</td>
<td>135</td>
<td>0</td>
<td>90</td>
<td></td>
</tr>
<tr>
<td>Cal:691 CHO:77g Na:1072mg</td>
<td>Cal:799 CHO:111g Na:569mg</td>
<td>Cal:757 CHO:84g Na:525mg</td>
<td>Cal:734 CHO:88g Na:470mg</td>
<td>Cal:691 CHO:77g Na:950mg</td>
</tr>
</tbody>
</table>

**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.
## Ethos Caribbean HDM Menu-May 2022

### Monday 5/16
- **Arroz con Camarones (Shrimp)**: 422
- **White Rice**: 25
- **Carrots**: 30
- **Snack Loaf**: 90
- **Fruit**: 0

### Tuesday 5/17
- **Brazilian Chicken**: 86
- **Roasted Potatoes**: 115
- **Broccoli**: 6
- **Wheat Roll**: 135
- **Cinnamon Pears**: 10

### Wednesday 5/18
- **Braised Chickpeas & Chorizo**: 786
- **Cheesy Grits**: 116
- **Mixed Vegetables**: 17
- **Whole Grain Cornbread**: 90
- **Fruit**: 0

### Thursday 5/19
- **Haitian Spaghetti w/Chicken Sausage**: 665
- **Whole Grain Pasta**: 0
- **California Blend Vegetables**: 6
- **Whole Grain Cookie**: 135
- **Fruit**: 85

### Friday 5/20
- **Jambalaya w/ Turkey Kielbasa**: 502
- **Yucca**: 34
- **Green Beans w/Peppers**: 150
- **White Bread**: 0

### Cal:740 CHO:85g Na:722mg

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### Monday 5/23
- **Jamaican Beef Patty**: 470
- **Sweet Potatoes**: 60
- **California Blend Vegetables**: 31
- **Wheat Roll**: 90
- **Cinnamon Pears**: 130

### Tuesday 5/24
- **Creamy Cajun Chicken**: 760
- **Pasta**: 0
- **Green Beans w/Peppers**: 36
- **Wheat Roll**: 135
- **Cinnamon Pears**: 10

### Wednesday 5/25
- **Pernil "Slow Roasted Pork"**: 163
- **White Rice w/ Pigeon Peas**: 63
- **Whole Wheat Tater Tots**: 6
- **Wheat Bread**: 135
- **Chocolate Cupcake**: 210

### Thursday 5/26
- **Holiday Meal**: Pescado con Coco**: 686
- **Mashed Potatoes**: 113
- **Green Peas**: 17
- **Wheat Roll**: 135
- **Fruit**: 0

### Friday 5/27
- **Cal:862 CHO:96g Na:507mg
- **Cal:704 CHO:116mg Na:1164mg
- **Cal:702 CHO:100g Na:1046mg
- **Cal:713 CHO:74g Na:754mg

### Monday 5/30
- **Caribbean Jerk Chicken**: 483
- **White Rice w/Lentils**: 113
- **Wheat Bread**: 135
- **Fruit**: 0

### Tuesday 5/31
- **Cal:910 CHO:89g Na:1070mg

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**A Special Focus on Select Nutrients:**
- **Calcium and Vitamin D**: 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 low-fat 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.

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**Holiday meals will be sent out the week of 5/23/2022.**

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