

Ethos Caribbean Menu-July 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 Ethos' Community Dietitian.
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.

Friday 7/1									
Ethos Annual Survey In the month of July you will receive a Home Delivered Meals survey. In order to provide you with the best service, please complete the following survey by July 15th, 2022. Your answers are anonymous and confidential. We value your input. Please give the complete survey to your Home Delivered Meals Driver or mail the survey to Ethos at 555 Amory St Jamaica Plain, 02130.								Holiday Meal	Na+
								Chili Dog	540
								w/ Chili Beans (contains beef)	218
								Zucchini & Squash	9
								Wheat Hot Dog Bun	300
								Peaches	0
								Ketchup	85
								Cal:845 CHO:85g Na:1307mg	1307
Monday 7/4		Tuesday 7/5		Wednesday 7/6		Thursday 7/7		Friday 7/8	
CLOSED Fourth of July Holiday Holiday meals for delivered the week of June 27th, 2022.	Na+		Na+		Na+		Na+		Na+
		Haitian Stewed Chicken Drumstick	338	Curried Beef & Vegetables	140	Arroz con Camarones (Shrimp)	422	Creole Chicken	596
		Yucca	33	Mashed Potatoes	113	White Rice	25	Plantains	3
		Broccoli	6	California Blend Vegetables	36	Vegetable Medley	18	Brussel Sprouts	23
		Wheat Roll	135	Wheat Bread	135	Wheat Roll	135	Wheat Bread	135
		Fruit	0	Pudding	130	Chocolate Chip Cookie	70	Fruit	0
		Cal:723 CHO:86g Na:667mg	667	Cal:680 CHO:75g Na:709mg	709	Cal:764 CHO:78g Na:825mg	825	Cal:711 CHO:86g Na:912mg	912

Hydration is important!
As the warm weather starts rolling in, hydration is an important factor for your health. Dehydration occurs when the body does not have enough water to meet its needs. Signs of dehydration are: thirst, dry mouth, going long periods without using the bathroom, dark yellow urine, headache, muscle cramps, dizziness, rapid heartbeat, rapid breathing, nausea, and fainting. Some ways to help prevent dehydration this summer are: carrying water bottle with you, drinking a minimum of 8-8 ounce glasses of water a day, eat a variety of fruits and vegetables, and always having a glass of water at mealtimes. Remember when you notice your mouth is dry, you are most likely already dehydrated and need to drink more water. Other liquids that will help keep us hydrated are juice, seltzer, flavored water, and Gatorade, while coffee and tea can be more dehydrating than hydrating for our bodies.

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

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Monday 7/11		Tuesday 7/12		Wednesday 7/13		Thursday 7/14		Friday 7/15	
	Na+		Na+	Cold Meal	Na+	High Sodium Meal	Na+		Na+
Salt Cod Fritter w/ Lemon	205	Grilled Chicken Thigh	87	Tuna in Olive Oil, Onions, Peppers, Chickpeas & Hard Boiled Egg	250	Braised Chickpeas & Chorizo	786	Caribbean Beef w/ Peppers & Onions	147
Yellow Rice	25	Caribbean Macaroni & Cheese	323	Rice & Pigeon Pea Salad	63	White Rice w/ Lentils	25	Roasted Potatoes	152
Collard Greens	40	Green Beans	6	Cilantro Lime Coleslaw	70	Mixed Vegetables	18	Broccoli	6
Wheat Bread	135	Whole Grain Cornbread	90	Wheat Roll	135	Wheat Roll	135	Wheat Bread	135
Fruit	0	Fruit	0	Homemade Banana Pudding	121	Fruit	0	Shortbread cookie	150
Cal:805 CHO:109g Na:560mg	560	Cal:940 CHO:96g Na:661mg	661	Cal:787 CHO:94g Na:794mg	794	Cal:750 CHO:97g Na:1119mg	1119	Cal:820 CHO:72g Na:745mg	745

Monday 7/18		Tuesday 7/19		Wednesday 7/20		Thursday 7/21		Friday 7/22	
	Na+		Na+		Na+		Na+		Na+
Oven Fried Chicken	149	Caribbean Fish Curry	410	Haitian Spaghetti w/ Chicken Sausage	665	Latin Shepherd's Pie	202	Brazilian Chicken	544
Grits & Black Eyed Peas	14	Rice & Beans	93	Whole Grain Pasta	0	w/ Beef & Plantains		Roasted Potatoes	152
Carrots	32	Broccoli	6	Mixed Vegetables	17	Vegetable Medley	18	Green Beans w/Peppers	6
Snack Loaf	150	Wheat Roll	135	Whole Grain Cornbread	90	Wheat Bread	135	White Bread	150
Fruit	0	Chocolate Cupcake	210	Fruit	0	Fruit	0	Cinnamon Pears	10
Cal:817 CHO:86g Na:500mg	500	Cal:718 CHO:88g Na:1009mg	1009	Cal:721 CHO:94g Na:927mg	927	Cal:704 CHO:85g Na:510mg	510	Cal:703 CHO:79g Na:1017mg	1017

Monday 7/25		Tuesday 7/26		Wednesday 7/27		Thursday 7/28		Friday 7/29	
	Na+		Na+		Na+		Na+		Na+
Jambalaya w/ Turkey Kielbasa	502	Cold Meal		Jamaican Beef Patty	470	Creamy Cajun Chicken	255	Pernil "Slow Roasted Pork"	163
Yucca	34	Shrimp & Scallop Ceviche w/ Tomato, Onion, Cilantro over Spinach	253	Sweet Potatoes	37	Pasta	0	Brown Rice w/ Pigeon Peas	61
Mixed Vegetables	18	Lentils & White Rice	25	Carrots	32	Green Peas	6	California Blend Vegetables	36
Wheat Roll	135	Black Eyed Pea Salad	20	Wheat Bread	135	Whole Grain Cornbread	90	Wheat Roll	135
Vanilla Pudding	130	Whole Grain Cornbread	90	Cinnamon Pears	10	Oatmeal Cookie	105	Fruit	0
		Fruit	0						
Cal:690 CHO:85g Na:974mg	974	Cal:861 CHO:125g Na:543mg	543	Cal:760 CHO:126g Na:839mg	839	Cal:833 CHO:89g Na:611mg	611	Cal:728 CHO:74g Na:550mg	550

Outdoor Cookouts & Food Safety

Whether it's the 4th of July or a family reunion, gathering around the table for a picnic or barbecue on a warm day is the joy of summertime. However, if some of our favorite foods – grilled meat, potato salad, or baked beans – sit out longer than two hours, it can become carriers of bacteria and food-borne illnesses. Here are three tips to use before attending your next cookout: 1. **Cleanliness:** Wash your hands with hot, soapy water or use sanitizer after handling raw meat and before eating.

2. **Temperature Safety:** Keep the hot foods in the oven or on the grill, and the cold foods on ice.

3. **Food Safety 101:** No matter how good it looks, when in doubt, throw it out!

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