

Ethos Caribbean Menu-June 2022



A suggested donation of \$2.00 is requested. Each meal includes low fat milk and margarine. 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= 35 mg sodium.

Menu subject to change.

Thank you

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.

	Wednesday 6/1		Thursday 6/2		Friday 6/3	
Ani Aroian, MPH, RDN, is Ethos' new Community Dietitian. Ani is a graduate from the dual dietetic internship and Master's in public health promotions program from UT Health at Houston. Ani's professional interests include adult and geriatric care, metabolic syndromes, gastrointestinal health and sustainability. When Ani is not in the office, she is scoping out new coffee shops, spending time with friends and family, and planning her next vacation trip. <i>If you have any nutrition questions, please call Ani at 617-477-6923.</i>	Caribbean Fish Curry	NA+	Creole Chicken*	NA+	Salt Cod Fritter w/ Lemon	NA+
	Rice and Beans	410				
	California Blend Vegetables	93	Plantains	557	Yellow Rice	205
	Wheat Bread	36	Vegetable Medley	3	Brussel Sprouts	25
	Mixed Fruit	135	Wheat Roll	18	Wheat Roll	23
		10	Chocolate Chip Cookie	135	Pineapple Tidbits	135
				85		0
	Cal:691 CHO:92g Na:839mg		Cal:693 CHO:90g Na:953mg		Cal:805 CHO:100g Na:543mg	

Monday 6/6		Tuesday 6/7		Wednesday 6/8		Thursday 6/9		Friday 6/10	
	NA+		NA+		NA+		NA+		NA+
Grilled Chicken Thigh	188	Pork & Kidney Bean Stew	223	Caribbean Beef w/ Peppers & Onions	147	Jerk Chicken Drumstick	480	Cod w/ Stewed Tomatoes	479
Caribbean Macaroni & Cheese	323	Brown Rice	95	Roasted Potatoes	115	Grits & Black Eyed Peas	14	Yellow Rice	25
Collard Greens	65	Green Beans	6	Vegetable Medley	18	Tuscan Vegetables	17	Broccoli	6
Wheat Bread	135	Whole Grain Cornbread	90	Snack Loaf	90	Wheat Roll	135	Wheat Bread	135
Chocolate Pudding	130	Fruit	0	Fruit	0	Mixed Fruit	10	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:811mg		Cal:691 CHO:77g Na:950mg	

The summer season is upon us—it's about time we get out and soak up the sun! As we age, making sure you are getting enough Vitamin D is important. The Recommended Dietary Allowance is 600-800 IU or 15-20mcg per day for older adults. One way to get Vitamin D is through direct contact with the sun. Skin in direct contact with the sun for 15-30 minutes per day can help recharge vitamin D stores and maintain bone health. This can be as simple as sitting on the front porch or taking a walk. Whichever you prefer, go enjoy that sunshine! Another way to incorporate more vitamin D is through our food. To incorporate more foods high in vitamin D, try including these foods: fortified vitamin D products (milk, soy milk, orange juice, cereals), salmon or trout, canned tuna or sardines, eggs, mushrooms, broccoli, and lentils.

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

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Monday 6/13		Tuesday 6/14		Wednesday 6/15		Thursday 6/16		Friday 6/17	
	NA+		NA+		NA+		NA+		NA+
Arroz con Camarones (Shrimp)	422	Brazilian Chicken	86	Braised Chickpeas & Chorizo *	786	<u>Holiday Meal</u>		Jambalaya w/ Turkey Kielbasa*	502
White Rice	25	Roasted Potatoes	115	Cheesy Grits	116	Oven "Fried Chicken"	149	Yucca	34
Carrots	30	Broccoli	6	Mixed Vegetables	17	Black Eyed Peas	230	Green Beans w/Peppers	6
Snack Loaf	90	Wheat Roll	135	Hawaiian Sweet Roll	80	Collards, Corn & Peppers	14	White Bread	150
Fruit	0	Cinnamon Pears	10	Fruit	0	Cornbread Loaf	90	Fruit	0
						Oatmeal Cookie	85		
Cal:740 CHO:85g Na:722mg		Cal:742 CHO:95g Na:507mg		Cal:704 CHO:80g Na:1154mg		Cal:766 CHO:81g Na:723mg		Cal:713 CHO:74g Na:754mg	

[illegible]

Monday 6/27		Tuesday 6/28		Wednesday 6/29		Thursday 6/30			
	NA+		NA+		NA+		NA+		
Jamaican Beef Patty	470	Caribbean Jerk Chicken	483	Haitian Spaghetti w/Chicken Sausage*	665	Tuna Pastel w/Lemon	418		
Sweet Potatoes	60	White Rice w/Lentils	113	Spaghetti	0	Yellow Rice w/Pigeon Peas	3		
Tuscan Blend Vegetables	31	Vegetable Medley	18	California Blend Vegetables	6	Vegetable Medley	18		
Whole Grain Cornbread	90	Wheat Bread	135	Wheat Bread	135	Wheat Roll	135		
Shortbread Cookie	150	Fruit	0	Mixed Fruit	10	Chocolate Chip Cookie	85		
Cal:778 CHO:118g Na:969mg		Cal:790 CHO:88g Na:904mg		Cal:702 CHO:100g Na:971mg		Cal:825 CHO:109g Na:814mg			

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