

Ethos Caribbean Menu-August 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 8/1		Tuesday 8/2		Wednesday 8/3		Thursday 8/4		Friday 8/5	
Arroz con Carnitas	NA+ 145	Jerk Pork	NA+ 483	Creole Chicken Drumstick	NA+ 252	Salt Cod Fritter w/ Lemon	NA+ 205	Pastelon	NA+ 276
White Rice	25	Rice & Beans	93	Plantains	3	Yellow Rice	25	w/ Beef & Plantains	-
Tuscan Vegetables	31	Spinach Salad w/ Honey Mustard	165	Kale & Peppers	14	Garden Salad w/ Italian Dressing	255	Zucchini & Squash	9
Whole Grain Cornbread	90	Wheat Bread	135	Wheat Roll	135	Wheat Roll	135	Whole Grain Cornbread	90
Chocolate Pudding	135	Fruit	0	Fruit	0	Shortbread Cookie	150	Fruit	0
Cal:758 CHO:97g Na:581mg		Cal:859 CHO:109g Na:898mg		Cal:678 CHO:77g Na:559mg		Cal:839 CHO:114g Na:693mg		Cal:816 CHO:85g Na:530mg	
Monday 8/8		Tuesday 8/9		Wednesday 8/10		Thursday 8/11		Friday 8/12	
Grilled Chicken Thigh	Na+ 75	Pork & Kidney Bean Stew	Na+ 234	Cold Meal Tuna in Olive Oil, Onions, Peppers, Chickpeas & Hard Boiled Egg	Na+ 250	Caribbean Beef w/ Peppers & Onions	Na+ 147	Jerk Chicken Drumstick	Na+ 292
Caribbean Macaroni & Cheese	323	Brown Rice	95	Rice & Pigeon Pea Salad	63	Roasted Potatoes	152	Grits & Black Eyed Peas	38
Kale, Corn & Peppers	14	Vegetable Medley	18	Cilantro Lime Coleslaw	70	Carrots	32	Green Beans	6
Wheat Bread	135	Snack Loaf	150	Wheat Roll	135	Cornbread Loaf	90	Wheat Bread	135
Vanilla Pudding	130	Fruit	0	Homemade Banana Pudding	121	Fruit	0	Fruit	0
Cal:840 CHO:75g Na:832mg		Cal:780 CHO: 110g Na:652mg		Cal:766 CHO:88g Na:794mg		Cal:865 CHO:83g Na:576mg		Cal:688 CHO:83g Na:626mg	

Summer & Fresh Foods

Summer is a fantastic season for local produce. All across Boston, farmer and mobile markets are delivering home-grown foods like lettuce, cucumbers, tomatoes, strawberries, blueberries – and more! Buying local when possible is not only good for overall health, but also for the community and economy. Some cool and simple meal ideas to incorporate fruits and veggies:

- 3 ingredient salads: wash and chop cucumber, tomato, basil w/ balsamic vinegar and oil
- Open-faced sandwich: a protein (chicken, chickpeas, or tuna) layered with lettuce and tomato on wheat bread – mayo or mustard optional!
- Berry smoothie: Blend together 1 cup milk of choice, ½ cup yogurt, handful of blueberries, and 1 banana

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

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Monday 8/15		Tuesday 8/16		Wednesday 8/17		Thursday 8/18		Friday 8/19	
	Na+		Na+		Na+		Na+		Na+
Arroz con Camarones (Shrimp)	422	Brazilian Chicken	190	Tuna Pastel w/Lemon	419	Braised Chickpeas & Chorizo	786	Jambalaya w/ Turkey Kielbasa	502
White Rice	25	Roasted Potatoes	152	Yellow Rice w/Pigeon Peas	63	Grits	53	Yucca	33
Brussel Sprouts	23	Broccoli	6	Mixed Vegetables	18	Vegetable Medley	18	Green Beans w/Peppers	6
Snack Loaf	150	Hawaiian Sweet Roll	80	Whole Grain Garlic Toast	120	Wheat Bread	135	White Bread	150
Chocolate Pudding	135	Fruit	0	Vanilla Cupcake	230	Fruit	0	Fruit	0
Cal:909 CHO:98g Na:910mg		Cal:801 CHO:89g Na:583mg		Cal:815 CHO:102g Na:1005mg		Cal:788 CHO:93g Na:11476mg		Cal:708 CHO:77g Na:846mg	
Monday 8/22		Tuesday 8/23		Wednesday 8/24		Thursday 8/25		Friday 8/26	
	Na+		Na+		Na+		Na+		Na+
Creamy Cajun Chicken	135	Pernil "Slow Roasted Pork"	163	Jamaican Beef Patty	470	Curried Beef & Vegetables	133	Pescado con Coco	380
Pasta	0	White Rice w/ Pigeon Peas	61	Yellow Rice	25	Rice & Beans	93	Sweet Potatoes	37
Vegetable Medley	18	Corn w/ Peppers	6	Green Beans	6	Collard Greens	40	Mixed Vegetables	17
WG Buttermilk Biscuit	410	Whole Grain Cornbread	90	Wheat Roll	135	Cornbread Loaf	90	Wheat Roll	135
Vanilla Pudding	130	Fruit	0	Fruit	0	Chocolate Chip Cookie	70	Fruit	0
Cal:812 CHO:87g Na:848mg		Cal:905 CHO:103g Na:475mg		Cal:766 CHO:116g Na:791mg		Cal:919 CHO:100g Na:581mg		Cal:747 CHO:88g Na:724mg	
Monday 8/29		Tuesday 8/30		Wednesday 8/31					
	Na+		Na+		Na+				
Caribbean Jerk Chicken	216	<u>Cold Meal</u> Shrimp & Scallop Ceviche w/ Tomato, Onion, Cilantro over Spinach	252	Haitian Spaghetti w/Chicken Sausage	665				
Yellow Rice	25	Lentils & White Rice	25	Spaghetti	0				
California Blend Vegetables	36	Black Eyed Pea Salad	19	Tuscan Blend Vegetables	31				
Wheat Roll	135	Mini Pita Breads	200	Wheat Roll	135				
Chocolate Pudding	135	Fruit	0	Fruit					
Cal:712 CHO:74g Na:702mg		Cal:771 CHO:111g Na:651mg		Cal:700 CHO:87g Na:986mg					

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