

Ethos Caribbean Menu-September 2022

Monday 9/12		Tuesday 9/13		Wednesday 9/14		Thursday 9/15		Friday 9/16	
Pork Linguica w/ Onions	Na+ 675	Arroz con Camarones	Na+ 422	Haitian Chicken Drumstick	Na+ 337	Beef Picadillo	Na+ 109	Braised Chickpeas w/ Chorizo	Na+ 786
Mashed Potatoes	113	White Rice	25	Yucca	34	Yellow Rice	25	White Rice w/ Lentils	25
Kale & Corn	14	California Blend Vegetables	36	Brussel Sprouts	23	Broccoli	6	Mixed Vegetables	17
Wheat Bread	135	Whole Grain Cornbread	90	Wheat Roll	135	Wheat Bread	135	Wheat Bread	135
Oatmeal Cookie	105	Fruit	0	Vanilla Cupcake	230	Fruit	0	Fruit	0
Cal:886 CHO:68g Na:1197mg	492	Cal:891 CHO:105g Na:728mg	276	Cal:715 CHO:75g Na:914mg	547	Cal:682 CHO:73g Na:430mg	291	Cal:750 CHO:96g Na:1118mg	1118
Monday 9/19		Tuesday 9/20		Wednesday 9/21		Thursday 9/22		Friday 9/23	
Arroz con Carnitas	Na+ 144	Dominican Style Turkey	Na+ 568	Caribbean Fish Curry	Na+ 409	Chicken Sofrito	Na+ 386	Jamaican Beef Stew	Na+ 145
White Rice	25	Mashed Potatoes	113	Rice & Beans	93	White Rice w/ Lentils	25	Yucca	34
Green Beans w/ Peppers	6	Carrots	30	Mixed Vegetables	17	Vegetable Medley	18	Broccoli	6
Wheat Bread	135	Whole Grain Cornbread	90	Garlic Knot	220	Wheat Roll	135	Wheat Roll	135
Vanilla Pudding	130	Fruit	0	Fruit	0	Chocolate Chip Cookie	70	Fruit	0
Cal:708 CHO:81g Na:595mg	565	Cal:730 CHO:94g Na:956mg	926	Cal:753 CHO:101g Na:894mg	864	Cal:688 CHO:83g Na:789mg	759	Cal:697 CHO:80g Na:475mg	445
Monday 9/26		Tuesday 9/27		Wednesday 9/28		Thursday 9/29		Friday 9/30	
Oven "Fried" Chicken Thigh	Na+ 86	Curried Beef w/ Vegetables	Na+ 134	Pernil "Slow Roasted Pork"	Na+ 163	Creamy Cajun Chicken	Na+ 155	Pescado con Coco	Na+ 380
Grits & Black Eyed Peas	38	Mashed Potatoes	113	Brown Rice & Pigeon Peas	61	Whole Grain Pasta	0	Sweet Potatoes	37
Mixed Vegetables	17	Green Beans w/ Red Peppers	6	Carrots	30	Green Peas	6	California Blend Vegetables	36
Wheat Roll	135	Whole Grain Cornbread	90	Wheat Roll	135	Wheat Roll	135	Whole Grain Cornbread	90
Chocolate Pudding	135	Fruit	0	Fruit	0	Shortbread Cookie	150	Fruit	0
Cal:685 CHO:75g Na:566mg	536	Cal:755 CHO:95g Na:498mg	468	Cal:730 CHO:76g Na:544mg	514	Cal:741 CHO:75g Na:601mg	571	Cal:855 CHO:101g Na:698mg	668



Reminder!
Use your farmers market coupons for fresh fruits and vegetables.
They expire October 31, 2022.



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