## **Ethos Caribbean Menu-September 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 (Na+) are listed to the right of each item. Milk= 125 mg sodium. Margarine= 35 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.

Thank you.

Thank you to everyone who participated in the annual surveys. We truly appreciate your feedback!

Cal:721 CHO:83g Na:557mg

531

Monday		Tuesday		Wednesday		Thursday 9/1		Friday 9/2	
General Sodium Guidelines							Na+		Na+
The Dietary Guidelines for Americans recommends eating less than 2,300mg of salt (1 teaspoon!) daily.						Grilled Chicken Thigh	86	w/ Beef & Plantains	-
So what can you do to cut down your salt intake?					Mac & Cheese	323	Zucchini & Squash	9	
						Mixed Vegetables	17	Whole Grain Buttermilk Biscuit	410
• Read the label. Our lower in sodium meals range between 500-800 mg.						Wheat Roll	135	Fruit	0
	urces are in boullion cubes, bread	Brownie	115						
• Practice moderation. For example, have a low salt lunch before having a hamburger and fries for dinner.									Ι.
• Mention any sodium or dieta	ary con	cerns to the Ethos dietitian, Ani	at 617	-477-6606.					
						Cal:928 CHO:88g Na:831mg	715	Cal:804 CHO:92g Na:776mg	544
Monday 9/5		Tuesday 9/6		Wednesday 9/7		Thursday 9/8		Friday 9/9	
CLOSED	Na+		Na+		Na+		Na+		Na+
Labor Day		Cachupa Rica w/ Fried Egg	727	ibbean Beef w/ Peppers & Onic	147	Salt Cod Fritter w/Lemon	205	Creole Chicken	241
Holiday meals are delivered		White Rice	25	Yellow Rice	25	Roasted Potatoes	152	Plantains	3
week of Septeber 2, 2022		Broccoli	6	California Blend Vegetables	36	Vegetable Medley	18	Brussel Sprouts	23
		Wheat Roll	135	Wheat Roll	135	WG Cornbread	90	Wheat Bread	135
		Fruit	0	Shortbread Cookie	150	Fruit	0	Fruit	0
				Tartar Sauce	85			Fresh Orange	4

## **Attention SNAP Participants: Change your EBT Card PIN Number Immediately!**

Cal:975 CHO:130g Na:620mg

1018 Cal:734 CHO:75g Na:648mg 703

Cal:850 CHO:97g Na:1048

**Due to fraud and scams, you must reset your PIN number on your SNAP card.** You cannot purchase food with your SNAP card until you reset your PIN. **To reset PIN number:** Call 800-997-2555 with your 1) SNAP card number ready, 2) social security or 99 number ready, 3) date of birth.

**Questions?** Call the Department of Transition Assistance at 877-382-2363.

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

Ethos Caribbean Menu-September 2022											
Monday 9/12 Tuesday 9/13				Wednesday 9/14		Thursday 9/15		Friday 9/16			
	Na+		Na+		Na+		Na+		Na+		
Pork Linguica w/ Onions	675	Arroz con Camarones	422	Haitian Chicken Drumstick	337	Beef Picadillo	109	Braised Chickpeas w/ Chorizo	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			
	Na+		Na+		Na+		Na+		Na+		
Arroz con Carnitas	144	Dominican Style Turkey	568	Caribbean Fish Curry	409	Chicken Sofrito	386	Jamaican Beef Stew	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			
	Na+		Na+		Na+		Na+		Na+		
Oven "Fried" Chicken Thigh	86	Curried Beef w/ Vegetables	134	Pernil "Slow Roasted Pork"	163	Creamy Cajun Chicken	155	Pescado con Coco	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		
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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.

