

Ethos Caribbean Menu-October 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.

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 10/3		Tuesday 10/4		Wednesday 10/5		Thursday 10/6		Friday 10/7	
Creole Chicken Drumstick	Na+ 252	Jerk Pork	Na+ 483	Salt Cod Fritters w/ Lemon	Na+ 205	Roasted Chicken w/ Apple Chutney	Na+ 355	Pastelon	Na+ 276
White Rice	25	Rice & Beans	93	Yellow Rice & Pigeon Peas	63	Butternut Squash	15	w/ Beef & Plantains	-
Tuscan Vegetables	31	Carrots	32	Kale & Peppers	14	Cranberry Couscous		Corn & Peas	9
Whole Grain Cornbread	90	Wheat Bread	135	Wheat Roll	135	Broccoli	6	Wheat Roll	135
Chocolate Pudding	135	Fruit	0	Fruit	0	Wheat Roll	135	Fruit	0
						Shortbread Cookie	150		
Cal:906 CHO:97g Na:688mg	658	Cal:859 CHO:109g Na:898mg	868	Cal:765 CHO:113g Na:572mg	542	Cal:725 CHO:90g Na:816mg	636	Cal:796 CHO:85g Na:575mg	545
Monday 10/10		Tuesday 10/11		Wednesday 10/12		Thursday 10/13		Friday 10/14	
CLOSED									
Columbus Day		Pork & Kidney Bean Stew	234	Fish w/ Pineapple-Mango Salsa	230	Caribbean Beef w/ Peppers & Onions	147	Jerk Chicken Drumstick	292
		White Rice	25	Yellow Rice	25	Roasted Potatoes	152	Grits & Black Eyed Peas	38
		Garden Salad w/ Ranch	183	Brussel Sprouts	23	Spinach Salad w/ Honey Mustard	165	Green Beans	6
		Snack Loaf	150	Wheat Bread	135	Cornbread Loaf	90	Wheat Bread	135
		Fruit	0	Homemade Banana Pudding	121	Fruit	0	Oatmeal Cookie	105
		Cal:873 CHO: 114g Na:747mg	717	Cal:684 CHO:90g Na:689mg	659	Cal:916 CHO:82g Na:709mg	679	Cal:703 CHO:85g Na:731mg	701

The Science Behind Soup

When we think cooler weather, what foods come to mind? Soups and stews? Science says when foods are cooked in a liquid or broth, their nutrients go out with it. Often times, we can see that happen when the liquid or broth changes color.
And bonus: when we drink that liquid, we also hydrate our bodies, which can be often overlooked during fall and winter seasons.
So, the next time soup is on the menu, remember how and why this warm dish keeps us nourished.



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

Ethos Caribbean Menu-October 2022

Monday 10/17		Tuesday 10/18		Wednesday 10/19		Thursday 10/20		Friday 10/21	
Arroz con Camarones (Shrimp)	Na+ 422	Brazilian Chicken	Na+ 190	Tuna Pastel w/Lemon	Na+ 419	High Sodium Meal	Na+	Jambalaya w/ Turkey Kielbasa	Na+ 502
White Rice	25	Roasted Potatoes	152	Yellow Rice w/Pigeon Peas	63	Braised Chickpeas & Chorizo	786	Yucca	33
Brussel Sprouts	23	Caprese Salad w/ Balsamic Dressing	145	Mixed Vegetables	18	Grits	53	Green Beans w/Peppers	6
Wheat Roll	135	Hawaiian Sweet Roll	80	Whole Grain Garlic Toast	120	Asian Salad w/ Thai Dressing	185	Wheat Bread	135
Chocolate Pudding	135	Fruit	0	Fudge Brownie	115	Wheat Bread	135	Fruit	0
Cal:809 CHO:85g Na:895mg	865	Cal:850 CHO:89g Na:722mg	692	Cal:815 CHO:102g Na:890mg	860	Cal:833 CHO:101g Na:1314mg	1284	Cal:708 CHO:77g Na:831mg	801
Monday 10/24		Tuesday 10/25		Wednesday 10/26		Thursday 10/27		Friday 10/28	
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	Garden Salad w/ Ranch Dressing	183	Green Beans	6	Caesar Salad w/ Caesar Dressing	290	Mixed Vegetables	17
WG Buttermilk Biscuit	310	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:748mg	718	Cal:930 CHO:97g Na:652mg	622	Cal:766 CHO:116g Na:791mg	761	Cal:971 CHO:104g Na:831mg	801	Cal:747 CHO:88g Na:724mg	694
Monday 10/31		<div>Reminder!</div> <div>Use your farmers market coupons for fresh fruits and vegetables.</div> <div>They expire October 31, 2022.</div>				<div>Ethos Nutrition Advice</div> <div>If you have questions about our menus, or concerns about your nutrition status, please contact the Community Dietitian, Ani, at 617-477-6606.</div>			
Caribbean Jerk Chicken	Na+ 216								
Yellow Rice	25								
California Blend Vegetables	36								
Wheat Roll	135								
Chocolate Pudding	135								
Cal:712 CHO:74g Na:702mg	672								

Experiencing Medicare Questions Or Issues? There are two programs that may help. The Boston SHINE Program at Ethos ensures that residents have access to accurate and unbiased information about their healthcare options. The Medicare Advocacy Project (MAP) at Greater Boston Legal Services offers free legal services for issues which cannot be resolved with assistance from SHINE. For more information, call the SHINE Program at Ethos at 617-522-9270 or MAP at Greater Boston Legal Services at 617-603-1700.



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