

# Ethos Caribbean HDM Menu-December 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 Ethos' Community Dietitian.  
To cancel a meal, please call (617) 477-6606 by 9AM the previous day.  
**Menu subject to change.**  
Thank you.

All HDM Drivers are required to see someone at delivery and ask about clients at least twice week. No meals will be left without seeing someone at delivery.

## Holiday Closures Announcement:

On Monday, 12/26/2022, Ethos is closed due to the Christmas holiday. You will receive a frozen holiday meal the week of 12/19.




On Monday, 1/02/2023, Ethos is closed for New Year's Day holiday. You will receive a frozen holiday meal the week of 12/27.

<div><div></div><div><b>Holiday Closures Announcement:</b></div><div></div></div> <p><b>On Monday, 12/26/2022</b>, Ethos is closed due to the Christmas holiday. You will receive a frozen holiday meal the week of 12/19.</p> <p><b>On Monday, 1/02/2023</b>, Ethos is closed for New Year's Day holiday. You will receive a frozen holiday meal the week of 12/27.</p>						Thursday 12/1		Friday 12/2	
							Na+		Na+
						Pastelon	276	Creole Chicken Drumstick	252
						w/ Beef & Plantains	-	White Rice	25
						Broccoli	6	Mixed Vegetables	17
						Wheat Roll	135	Wheat Roll	135
Shortbread Cookie	150	Fruit	0						
Margarine	30	Margarine	30						
Calories: 803 Na: 722mg			Calories: 771 Na: 584mg						
Monday 12/5		Tuesday 12/6		Wednesday 12/7		Thursday 12/8		Friday 12/9	
	Na+		Na+		Na+		Na+		Na+
Jerk Pork	483	Jambalaya w/ Chicken & Turkey Kielbasa	450	Jerk Chicken Drumstick	292	Caribbean Beef w/ Peppers & Onions	147	White Fish w/ Pineapple-Mango Salsa	230
Mashed Sweet Potatoes	37	Yucca	33	Grits & Black Eyed Peas	38	Roasted Potatoes	152	Rice & Beans	93
Beets & Greens	73	Mixed Vegetables	18	Carrots	32	Green Beans	6	Tuscan Vegetables	31
Whole Grain Cornbread	90	Whole Grain Garlic Toast	350	Wheat Bread	135	Wheat Roll	135	Whole Grain Cornbread	90
Chocolate Pudding	135	Cinnamon Peaches	10	Oatmeal Cookie	105	Fruit	0	Fruit	0
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Calories: 895 Na: 973mg			Calories: 783 Na: 1016mg		Calories: 721 Na: 757mg		Calories: 795 Na: 595mg		Calories: 783 Na: 599mg
Monday 12/12		Tuesday 12/13		Wednesday 12/14		Thursday 12/15		Friday 12/16	
Brazilian Chicken	340	Braised Chickpeas & Chorizo	786	Arroz con Camarones (Shrimp)	422	Pork & Kidney Bean Stew	234	Bacalao	150
Roasted Potatoes	152	Grits	53	White Rice	25	White Rice	25	Brown Rice & Beans	93
Brussel Sprouts	23	Corn	6	Green Beans w/Peppers	6	Carrots	32	Mixed Vegetables	18
Wheat Roll	135	Wheat Bread	135	Wheat Roll	135	Whole Grain Cornbread	90	Cornbread Slice	90
Chocolate Pudding	135	Fruit	0	Shortbread Cookie	150	Cinnamon Pears	10	Fruit	0
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Calories: 701 Na: 940mg			Calories: 886 Na: 1135mg		Calories: 825 Na: 893mg		Calories: 740 Na: 546mg		Calories: 733 Na: 506mg

**Storm Package Announcement:** All clients should have received a storm pack containing two meals, to be used in case of a snow storm this winter. If you have not received a storm package, please call 617-477-6606.

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

## Ethos Caribbean HDM Menu-December 2022

Monday 12/19		Tuesday 12/20		Wednesday 12/21		Thursday 12/22		Friday 12/23	
	Na+		Na+		Na+	<i>High Sodium Meal</i>	Na+	<b>Holiday Special</b>	Na+
Pernil "Slow Roasted Pork"	163	Creamy Cajun Chicken	780	Pescado con Coco	380	Beef Pot Roast w/ Gravy	615	Jamaican Beef Patty	470
White Rice w/ Pigeon Peas	61	Pasta	0	White Rice	25	Red Skin Mashed Potatoes	267	Sweet Potato Wedges	200
Vegetable Medley	18	Brussel Sprouts	23	Plantains	3	Carrots	32	Mixed Vegetables	17
WG Buttermilk Biscuit	310	Wheat Roll	135	Wheat Roll	135	Wheat Roll	135	Cornbread	90
Vanilla Pudding	130	Fruit	0	Fruit	0	Brownie	115	Fruit	0
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
<b>Calories: 926   Na: 837mg</b>		<b>Calories: 675   Na: 1093mg</b>		<b>Calories: 835   Na: 698mg</b>		<b>Calories: 775   Na: 1319mg</b>		<b>Calories: 850   Na: 932mg</b>	
Monday 12/26		Tuesday 12/27		Wednesday 12/28		Thursday 12/29		Friday 12/30	
<div><b>CLOSED</b></div> <div></div> <div><b>Holiday meals are delivered the week of 12/19/2022</b></div>		Caribbean Jerk Chicken	216	Curried Beef & Vegetables	133	Oven "Fried" Chicken	150	Dominican Style Roasted Turkey	485
		Yellow Rice	25	Mashed Potatoes	114	Black Eyed Peas	60	Yellow Rice & Pigeon Peas	63
		Kale & Peppers	14	Mixed Vegetables	17	Carrots	32	Green Beans	6
		Wheat Roll	135	Cornbread	90	Wheat Roll	135	Cornbread	90
		Chocolate Pudding	135	Fruit	0	Oatmeal Cookie	105	Cinnamon Peaches	10
		Margarine	30	Margarine	30	Margarine	30	Margarine	30
		<b>Calories: 678   Na: 680mg</b>		<b>Calories: 748   Na: 509mg</b>		<b>Calories: 705   Na: 637mg</b>		<b>Calories: 735   Na: 809mg</b>	
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## 'Tis the Season for Physical & Mental Health

*From the Desk of Ani Aroian, Registered Dietitian, LDN, MPH*

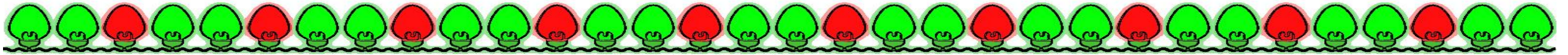
Throughout life, but especially during the winter holidays, it's important to have balance in your daily routine. For example, exercising regularly and eating nourishing meals help us stay physically fit. Equally important, breaking bread with our community and spending time with loved ones help us stay mentally fit. Here are a few ways to help you practice balance in life:

- Eat and drink consistently throughout the day. Don't skip meals.
- Eat a combination of nourishing and delicious foods.
- Exercise daily, at least 30 minutes.
- Socialize with others. Phone a friend or attend holiday events.

## Healthy IDEAS Program at Ethos

In the last two weeks, have you felt bothered by having little interest in doing things, or by feeling down or sad?

If you answered "Yes", the Healthy IDEAS program with Ethos may be able to assist you at no cost. For more information, contact Molly O'Brien at 617-477-6930.



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