

# Ethos Caribbean HDM Menu-January 2023



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.

Monday 1/2	Tuesday 1/3	Wednesday 1/4	Thursday 1/5	Friday 1/6					
Winters in New England occasionally provide us with snow emergencies that require us to close. If you are concerned about a delivery due to bad weather, Ethos' closing announcements are listed on local television stations: channel 5 and channel 7.		<b>Na+</b>		<b>Na+</b>		<b>Na+</b>		<b>Na+</b>	
	Caribbean Beef w/ Peppers & Onions	147	Cachupa Rica w/ Fried Egg	726	Salt Cod Fritter w/ Lemon	205	Creole Chicken Drumstick	250	
	White Rice	25	Mashed Potatoes	113	Yellow Rice	25	Yucca	35	
	Brussel Sprouts	23	Mixed Vegetables	17	Vegetable Medley	17	Carrots	45	
	Whole Grain Cornbread	180	Wheat Roll	135	Wheat Roll	135	Wheat Roll	135	
	Chocolate Pudding	135	Cinnamon Peaches	10	Shortbread Cookie	150	Fruit	0	
	Margarine	30	Margarine	30	Margarine	30	Margarine	30	
	<b>Cal:826 Na:665mg</b>		<b>Cal:740 Na:1156mg</b>		<b>Cal:837 Na:687mg</b>		<b>Cal:750 Na:620mg</b>		
Monday 1/9	Tuesday 1/10	Wednesday 1/11	Thursday 1/12	Friday 1/13					
			<b>Holiday Meal</b>	<b>High Sodium Meal</b>					
Pork Linguica w/ Onions	675	Arroz con Camarones	422	Beef Picadillo	109	Roasted Chicken Drumstick	97	Braised Chickpeas w/ Chorizo	786
White Rice	25	Yellow Rice	25	Roasted Potatoes	152	Mac & Cheese	323	White Rice w/ Lentils	25
Green Beans	6	Broccoli	6	Corn w/ Peppers	6	Collard Greens	40	Green Beans w/ Red Peppers	6
Wheat Roll	135	Wheat Roll	135	Wheat Bread	135	Wheat Roll	135	Cornbread Loaf	180
Vanilla Pudding	130	Warm Pears	10	Fruit	0	Mixed Fruit	10	Chocolate Pudding	135
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
	<b>Cal:934 Na:1126mg</b>		<b>Cal:740 Na:753mg</b>		<b>Cal:767 Na:557mg</b>		<b>Cal:814 Na:760mg</b>		<b>Cal:888 Na:1287mg</b>

## Stay Food Safe this Winter: Messages from the Massachusetts Partnership of Food Safety Education


During a power outage, your refrigerator keeps food safe up to 4 hours if it's kept closed. After that, discard refrigerated perishable food such as meat, poultry, fish, eggs & leftovers. Do not place perishable food out in the snow since outside temperatures can vary, and exposed foods can lead to unsanitary conditions and animals.

If the power goes out, use perishable and refrigerated foods first. Then, use the foods from the freezer, followed by canned and shelf-stable foods last. If a flood happens in your home, do not eat the foods that may have touched the flood water: non-waterproof containers, cardboard boxes and damaged cans. When it doubt, throw it out!

**For more food safety tips when the electricity goes out, visit [www.mafoodsafetyeducation.info](http://www.mafoodsafetyeducation.info).**

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

# Ethos Caribbean HDM Menu-January 2023

Monday 1/16	Tuesday 1/17	Wednesday 1/18	Thursday 1/19	Friday 1/20				
<b>CLOSED</b>		<b>Na+</b>		<b>Na+</b>				
 <b>Frozen holiday meals will be delivered the week of 1/9/2023</b>	Pastelon (Latin Beef Lasagna)	277	Chicken Sofrito	142	Caribbean Fish Curry	410	Jamaican Beef Patty	470
	Plantains	-	Yellow Rice	25	Rice & Beans	93	Sweet Potatoes	37
	Brussel Sprouts	23	Kale & Corn	14	Broccoli	6	Green Peas	6
	Cornbread Loaf	180	Wheat Bread	135	Wheat Roll	135	Wheat Bread	135
	Oatmeal Cookie	105	Apricot Crisp	73	Fruit	0	Fruit	0
	Margarine	30	Margarine	30	Margarine	30	Margarine	30
	<b>Cal:860 Na:740mg</b>		<b>Cal:868 Na:544mg</b>		<b>Cal:708 Na:799mg</b>		<b>Cal:793 Na:803mg</b>	

Monday 1/23	Tuesday 1/24	Wednesday 1/25	Thursday 1/26	Friday 1/27					
BBQ Jerk Chicken	613	Curried Beef w/ Vegetables	134	Pernil "Slow Roasted Pork"	75	Latin Shepherd's Pie	202	Pescado con Coco	380
Yucca	34	Mashed Potatoes	113	Yellow Rice	25	w/ Beef & Plantains	-	Sweet Potatoes	37
Tuscan Blend Vegetables	31	Green Beans	6	Mixed Vegetables	17	Carrots	45	Brussel Sprouts	23
Wheat Bread	135	Wheat Roll	135	White Bread	150	Whole Grain Cornbread	180	Wheat Roll	135
Vanilla Pudding	130	Fruit	0	Brownie	115	Fruit	0	Cinnamon Peaches	10
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
	<b>Cal:782 Na:1098mg</b>		<b>Cal:681 Na:543mg</b>		<b>Cal:856 Na:537mg</b>		<b>Cal:782 Na:582mg</b>		<b>Cal:740 Na:740mg</b>

Monday 1/30	Tuesday 1/31	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p style="color: red; margin: 0;"><b>Ethos Nutrition Advice</b></p> <p style="margin: 0;">If you have questions about our menus, or concerns about your nutrition status, please contact the Community Dietitian, Ani Aroian, RD, LDN, MPH, at 617-477-6606.</p> </div>			
	<b>Na+</b>		<b>Na+</b>		
Caribbean Jerk Pork	483	Creamy Cajun Chicken	780		
Black Eyed Peas	60	Whole Grain Pasta	0		
Mixed Vegetables	17	Vegetable Medley	18		
Wheat Roll	135	Wheat Roll	135		
Chocolate Pudding	135	Warm Pears	10		
Margarine	30	Margarine	30		
	<b>Cal:741 Na:985mg</b>		<b>Cal:675 Na:1098mg</b>		

## Ethos Meals on Wheels Information From the Desk of Ani Aroian, Registered Dietitian, LDN, MPH

Every weekday, the Ethos Meals on Wheels program delivers hot, nutritious meals to hundreds of homebound elderly and disabled residents of Allston, Brighton, Hyde park, Jamaica Plain, Mattapan, Roslindale and West Roxbury. The menus cater to many tastes, featuring Vietnamese, Latino, Caribbean, Vegetarian, and Kosher dishes as well as traditional American fare. There are also therapeutic meals available for those who have life-threatening food allergies or need textural modifications.

All meals, including calories and nutrients, meet 1/3 of the current Dietary Reference Intake (DRI) for people ages 51 years or older. This includes one serving high-quality protein daily, a variety of fruits, raw and cooked vegetables daily, and a rotation of high-fiber breads. In addition, we serve low-to-no-salt added foods, which offers heart-healthy options on a daily basis.

For more information about Ethos menus, call 617-477-6606 or visit [www.ethocare.org/services/nutrition/meals-on-wheels-menus](http://www.ethocare.org/services/nutrition/meals-on-wheels-menus).

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