

Ethos Caribbean Menu - March 2024



A suggested donation of \$2.00 is requested. Each meal includes low-fat milk and margarine. Total calories and sodium, including milk and margarine, are listed for each day. 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.

Menus are subject to change.

All HDM Drivers are required to see someone at delivery. No meals will be left without seeing someone at delivery

ANNOUNCEMENTS!

Emergency Snow Closures. New England winters occasionally have 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.

MassHealth Renewal Assistance. Have MassHealth? You need to renew your coverage. The Ethos SHINE program is providing assistance on how to renew at no cost on 3/20, 4/17 and 5/15 from 10AM-3PM. For more information, call 617-522-9270 or email shine@ethocare.org.

Daylight Savings. Spring is almost here! Don't forget to move your clock forward by 1 hour on Sunday, 3/10.

Friday 3/1

	Na+
Caribbean Fish Curry	409
Yellow Rice	25
Kale & Red Peppers	14
Whole Grain Cornbread	180
Fruit	0

Cal:705 Na:783mg

Monday 3/4

Tuesday 3/5

Wednesday 3/6

Thursday 3/7

Friday 3/8

	Na+		Na+		Na+		Na+		Na+
Haitian Stewed Drumstick	337	Curried Beef w/ Vegetables	133	Caribbean Jerk Pulled Pork w/ Mango Salsa	355	Pastelon (Latin Beef Lasagna) w/ Beef & Plantains	288	Creamy Cajun Salmon	165
Yucca	34	Roasted Potatoes	120	White Rice & Lentils	25	Cauliflower Bisque	199	Whole Grain Pasta	0
Beets & Greens	73	Garden Vegetable Soup	185	California Blend Vegetables	46	Wheat Roll	135	Green Beans w/ Peppers	6
Wheat Roll	135	Wheat Roll	135	Wheat Bread	135	Fruit Snack Loaf	150	Garlic Bread	270
Fruit	0	Chocolate Pudding	135	Fruit	0			Fruit	0
Cal:676 Na:734mg		Cal:690 Na:863mg		Cal:706 Na:716mg		Cal:950 Na:927mg		Cal:736 Na:596mg	



2024 NATIONAL NUTRITION MONTH

March is National Nutrition Month!

- From the desk of Ethos Dietitian, Ani Aroian, MPH, RDN, LDN

National Nutrition Month is a time to encourage healthy eating and exercise habits for all. Part of this year's theme "Beyond the Table" looks at food before we sit down to eat; it takes a step back to see where food comes from, the importance of food safety and value of good nutrition for the future.

The Home Delivered Meals (Meals on Wheels) program at Ethos incorporates all the above. Each vendor buys foods from reputable sources, follows strict food safety guidelines and adheres to the nutrition standards enforced by the Older Americans Act. Have other questions about the meals or concerns about your nutrition status? Please contact the Ethos Dietitian at 617-477-6606.

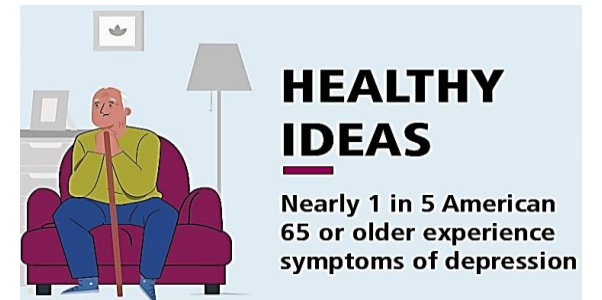
Please notify Ethos of any life threatening food allergies @ 617-477-6606

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Monday 3/11		Tuesday 3/12		Wednesday 3/13		Thursday 3/14		Friday 3/15	
	Na+		Na+		Na+		Na+		Na+
Caribbean Stewed Beef	130	Pork Linguica w/ Onions	675	High Sodium Meal	Na+	Jerk Chicken	185	Lentil-Okra Stew	240
Rice and Beans	93	White Rice	25	Corned Beef & Cabbage	755	Yucca	34	Brown Rice & Pigeon Peas	60
Mixed Vegetables	24	Minestrone Soup	199	Boiled Potatoes	125	Chicken Noodle Soup	165	Brussel Sprouts	23
Wheat Bread	135	Wheat Roll	135	Green Peas	6	Whole Grain Biscuit	310	White Roll	250
Vanilla Pudding	130	Fruit	0	Wheat Roll	135	Fruit	0	Fruit	0
	30			Pound Cake	240				
Cal:728 Na:667mg		Cal:1090 Na:1189mg		Cal:680 Na:1416mg		Cal:778 Na:849mg		Cal:780 Na:728mg	
Monday 3/18		Tuesday 3/19		Wednesday 3/20		Thursday 3/21		Friday 3/22	
	Na+		Na+		Na+		Na+		Na+
Chicken Sofrito	142	Beef Empanada	500	Jambalaya w/ Chicken &	502	Latin Shepherd's Pie	202	Tuna Pastel w/ Lemon	418
Yellow Rice	25	Mashed Potatoes	160	Turkey Kielbasa	Na+	w/ Beef & Plantains, Potatoes	-	White Rice & Lentils	25
Green Beans w/ Red Peppers	6	Split Pea Soup	65	White Rice	25	Corn & Potato Chowder	160	Vegetable Medley	24
Wheat Bread	135	Wheat Bread	135	Green Peas	6	White Roll	250	Garlic Bread	270
Fruit Snack Loaf	150	Fruit	0	Wheat Roll	135	Fruit	0	Fruit	0
				Chocolate Pudding	135				
Cal:797 Na:613mg		Cal:735 Na:1015mg		Cal:770 Na:958mg		Cal:840 Na:767mg		Cal:836 Na:892mg	
Monday 3/25		Tuesday 3/26		Wednesday 3/27		Thursday 3/28		Friday 3/29	
	Na+		Na+		Na+		Na+		Na+
Cachupa Rica	568	Chicken w/ Chorizo Creole Sauce	350	Beef Picadillo	109	High Sodium Meal	Na+	Pescado con Coco	380
Yellow Rice	25	Mashed Potatoes	160	White Rice	25	Baked Ham w/ Raisin Sauce	850	Sweet Potatoes	37
Tuscan Blend Vegetables	30	Wild Rice & Turkey Soup	125	Green Peas	6	Garlic Mashed Potatoes	160	Broccoli	6
Wheat Bread	135	Wheat Roll	135	Wheat Bread	135	Green Beans w/ Peppers	6	White Roll	250
Vanilla Pudding	130	Fruit	0	Fruit	0	Cornbread Loaf	180	Fruit	0
						Chocolate Chip Cookie	70		
Cal:790 Na:1043mg		Cal:735 Na:925mg		Cal:676 Na:430mg		Cal:695 Na:1421mg		Cal:840 Na:828mg	

Healthy IDEAS Program at Ethos

In the last two weeks, have you often been bothered by having little interest or pleasure in doing things? Or, have you been bothered by feeling down, sad or hopeless? If you answered "Yes", then the Healthy IDEAS program at Ethos may be able to assist in improving your mood at no cost. For more information on how to participate or make a referral, please contact the Healthy IDEAS Coordinator, Molly O'Brien, at 617-477-6930.



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