

# Ethos Caribbean Menu-January 2025



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.

**To cancel a meal, please call 617-477-6606 by 9AM the previous day.**

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

## ANNOUNCEMENTS

**Snow Emergencies:** If you are concerned that Ethos is closed due to bad weather, please call the main number at 617-522-6700. Ethos' closing announcement is also listed on local television stations Channel 5 and Channel 7.

**Healthy Incentives Program (HIP) Benefit Change:** Since December 2024, the maximum HIP benefit a household can use will be \$20 a month for all households, regardless of size. The Supplemental Nutrition Assistance Program (SNAP) benefits are not impacted by this change. For more information, visit: [mass.gov/HIPChange](https://mass.gov/HIPChange).

Wednesday 1/1/2025



**Ethos is closed.**  
*Frozen meals delivered week of 12/23/24*

Thursday 1/2

Dominican Style Chicken  
Mashed Potatoes  
Carrots  
Cornbread Loaf  
Peach Fruit Cup

Na+

225  
22  
56  
180  
5

**Cal:738 Na:623mg**

Friday 1/3

Caribbean Fish Curry  
Yellow Rice  
Broccoli & Red Peppers  
Wheat Roll  
Pudding

Na+

150  
25  
29  
150  
130

**Cal:734 Na:619mg**

Monday 1/6

Tuesday 1/7

Wednesday 1/8

Thursday 1/9

Friday 1/10

Na+

463  
25  
26  
80  
3

Jambalaya w/ Chicken  
& Turkey Kielbasa  
White Rice  
Brussel Sprouts  
Hawaiian Roll  
Cinnamon Apples

**Cal:677 Na:732mg**

Na+

264  
140  
56  
150  
130

Cod w/ Stewed Tomatoes  
Rice and Beans  
Carrots  
Wheat Roll  
Pudding

**Cal:766 Na:875mg**

Na+

245  
4  
20  
80  
150

Creamy Cajun Chicken  
Whole Grain Pasta  
Green Peas  
Hawaiian Roll  
Shortbread Cookie

**Cal:832 Na:634mg**

Na+

277  
20  
150  
5

Pastelon (Latin Beef Lasagna)  
w/ Beef & Plantains  
Green Beans w/ Red Peppers  
Dinner Roll  
Mandarin Fruit Cup

**Cal:803 Na:587mg**

Na+

168  
25  
34  
65  
2

Caribbean Jerk Pulled  
Pork w/ Mango Salsa  
White Rice & Lentils  
California Blend Vegetables  
Wheat Bread  
Applesauce

**Cal:687 Na:429mg**

**Happy New Year! Wishing You Good Health & Nutrition in 2025! - From the Desk of the Community Dietitian at Ethos**

With every new year comes "New Year's Resolutions", also known as nutrition or fitness goals (ex. eat more vegetables, reduce sugar intake, exercise more). Here are some action-based steps on how to achieve your goals:

- 1. Start Small** - What is something easy you can change about your habits?
- 2. Gradually Increase** - Can you increase vegetables from 2 to 3 servings/day? Or increase exercise from 1 to 2 times weekly?
- 3. Reassess** - In the past 3 months, how close have you gotten to achieve this goal?


**Questions about the menus or concerns about your nutrition status? Please call the Ethos Dietitian at 617-477-6606.**

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



**Ethos Caribbean Menu-January 2025**

Monday 1/13		Tuesday 1/14		Wednesday 1/15		Thursday 1/16		Friday 1/17	
	Na+		Na+		Na+		Na+		Na+
Caribbean Beef w/ Peppers & Onions	154	Jerk Chicken	564	Pork Linguica w/ Onions	662	<b>Holiday Meal</b>		Tuna Pastel w/ Lemon	481
Mashed Potatoes	22	Yucca	15	White Rice	25	Roasted Chicken Drumstick	100	Yellow Rice	25+
Mixed Winter Vegetables	65	Corn w/ Peppers	21	Carrots	56	Mac & Cheese	402	Broccoli	29
Hawaiian Roll	80	Wheat Bread	65	Wheat Roll	150	Collard Greens	40	Dinner Roll	150
Vanilla Pudding	130	Cinnamon Apples	3	Banana	1	Wheat Roll	150	Applesauce	2
						Chocolate Chip Cookie	80		
Cal:660 Na:586mg		Cal:782 Na:785mg		Cal:875 Na:1029mg		Cal:845 Na:907mg		Cal:727 Na:822mg	

Monday 1/20		Tuesday 1/21		Wednesday 1/22		Thursday 1/23		Friday 1/24	
<div><p><b>WE WILL BE <u>CLOSED</u> ON</b></p><p><b>Martin Luther</b></p><p><b>King Jr. Day</b></p><p><i>I HAVE A DREAM</i></p><p><i>Frozen meals delivered</i></p><p><i>week of 1/13/25</i></p></div>			<b>Na+</b>		<b>Na+</b>		<b>Na+</b>		<b>Na+</b>
		Chicken w/ Chorizo Creole Sauce	320	Creamy Cajun Salmon	232	Cachupa Rica	275	Beef Picadillo	15
		White Rice	25	Mashed Potatoes	22	Rice & Beans	140	White Rice	25
		Green Beans w/ Red Peppers	20	Vegetable Medley	55	Garlic Spinach	113	Zucchini & Peppers	20
		Cornbread	180	Wheat Dinner Roll	150	Wheat Bread	65	Wheat Roll	150
		Vanilla Pudding	130	Pound Cake	240	Peach Fruit Cup	5	Applesauce	2
<b>Cal:869 :810mg</b>			<b>Cal:812 Na:834mg</b>		<b>Cal:699 :733mg</b>		<b>Cal:700 Na:485mg</b>		

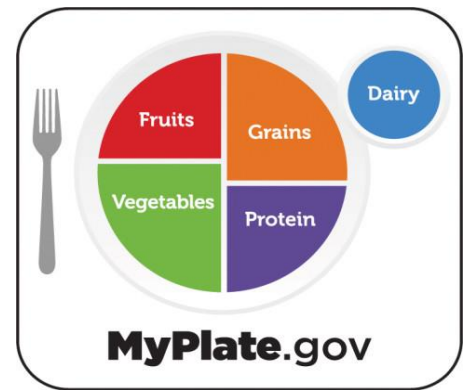
Monday 1/27		Tuesday 1/28		Tuesday 1/29		Thursday 1/30		Friday 1/31	
	Na+		Na+		Na+		Na+		Na+
Arroz con Pollo (Chicken)	162	Latin Shepherd's Pie	310	Pork & Bean Stew	155	Haitian Stewed Chicken Drumstick	140	Curried Beef	170
White Rice	25	w/ Beef & Plantains, Potatoes		Yellow Rice	25	Yucca	15	Roasted Potatoes	85
Mixed Root Vegetables	65	Broccoli	29	Brussel Sprouts	26	Green Beans w/ Red Peppers	20	Vegetable Medley	55
Cornbread Loaf	180	Hawaiian Roll	80	Wheat Roll	150	Dinner Roll	150	Wheat Bread	65
Pear	0	Banana	1	Cinnamon Crumb Cake	190	Mandarin Orange Cup	5	Chocolate Pudding	130
Cal:844 Na:567mg		Cal:743 Na:555mg		Cal:910 Na:681mg		Cal:653 Na:465mg		Cal;"788 Na:640mg	

Ethos Meals on Wheels Menu Information

Every week, 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 and older. This includes one serving of high-quality protein daily, low-fat milk, high fiber fruits and vegetables, and a rotation of high-fiber breads. In addition, there is limited added salt in foods, which offers heart-healthy options daily.

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



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