

## Ethos Caribbean HDM Menu-February 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.

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

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

Monday 2/3		Tuesday 2/4		Wednesday 2/5		Thursday 2/6		Friday 2/7	
	Na+		Na+		Na+		Na+		Na+
Haitian Stewed Chicken Drumstick	215	Caribbean Beef w/ Peppers & Onions	154	Braised Chickpeas & Chorizo	545	Arroz con Camarones (Shrimp)	417	Jamaican Beef Patty	470
Yucca	15	Stewed Beans	356	Plantains	4	White Rice	25	Yellow Rice	25
Carrots	56	Broccoli	29	Mixed Vegetables	51	Spinach & Peppers	65	Black Beans, Corn & Peppers	61
Wheat Bread	65	Wheat Roll	150	Wheat Bread	65	Cornbread Loaf	180	Wheat Roll	150
Pudding	130	Cinnamon Apples	3	Fig Newton	180	Mandarin Orange Cup	5	Fruit	0
<b>Cal:833 Na:616mg</b>		<b>Cal:660 Na:827mg</b>		<b>Cal:790 Na:980mg</b>		<b>Cal:653 Na:827mg</b>		<b>Cal:883 Na:841mg</b>	
Monday 2/10		Tuesday 2/11		Wednesday 2/12		Thursday 2/13		Friday 2/14	
	Na+		Na+		Na+	<i>Holiday Meal</i>	Na+		Na+
BBQ Jerk Chicken	546	Beef Picadillo	153	Sancocho w/ Beef & Chicken & Potatoes	287	Chicken Parmesan	637	Curried Chicken	195
Yellow Rice	25	Brown Rice & Pigeon Peas	143	California Blend Vegetables	34	Whole Grain Pasta	4	Mashed Potatoes	22
Brussel Sprouts	26	Zucchini Squash	20	Whole Grain Cornbread	180	Broccoli	29	Kale & Peppers	29
Wheat Bread	65	Wheat Bread	65	Mixed Fruit	5	Dinner Roll	100	Wheat Roll	150
Fruit	0	Pudding	135			Pound Cake	240	Fruit	0
<b>Cal:789 Na:797mg</b>		<b>Cal:820 Na:646mg</b>		<b>Cal:764 Na:641mg</b>		<b>Cal:753 Na:1145mg</b>		<b>Cal:667 Na:531mg</b>	

### 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.


#### HDM Reheating Instructions:

1. Peel or slit the plastic film of your HDM tray.
2. Microwave for 2-3 minutes or place in an oven at 350F for 10 minutes.
3. Do not use toaster ovens to reheat under any circumstances!

*We recommend that you eat your meal the same day of delivery. if you do not eat your meal immediately, please refrigerate or freeze it.*

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

## Ethos Caribbean HDM Menu-February 2025

Monday 2/17		Tuesday 2/18		Wednesday 2/19		Thursday 2/20		Friday 2/21	
<p><b>WE WILL BE CLOSED ON PRESIDENTS DAY</b></p>  <p><i>Frozen meals delivered week of 2/10/25.</i></p>		<b>Na+</b>		<b>Na+</b>		<b>Na+</b>		<b>Na+</b>	
		Cachupa Rica	275	Frango Assado (Brazilian Chicken)	120	Stewed Tomato White Fish	264	Bistec Encebollado (Puerto Rican Steak & Onions)	255
		White Rice	25	Yucca	15	Brown Rice	20	Yellow Rice	25
		Vegetable Medley	54	Collard Greens	40	Carrots	56	Green Peas	20
	150	Cornbread	180	Dinner Roll	100	Wheat Roll	150		
	5	Vanilla Pudding	130	Cinnamon Apples	3	Oatmeal Cookie	90		
		<b>Cal:687 Na:644mg</b>		<b>Cal:839 Na:620mg</b>		<b>Cal:660 Na:578mg</b>		<b>Cal:753 Na:675mg</b>	
Monday 2/24		Tuesday 2/25		Wednesday 2/26		Thursday 2/27		Friday 2/28	
	<b>Na+</b>		<b>Na+</b>		<b>Na+</b>		<b>Na+</b>		<b>Na+</b>
Pork w/ Pineapple-Mango Salsa	70	Creamy Cajun Chicken	245	Haitian Spaghetti (Beef)	768	Caribbean Jerk Pork	405	Pescado con Coco	234
Plantains	4	Mashed Potatoes	22	Whole Grain Pasta	4	Yucca	15	White Rice & Lentils	25
Vegetable Medley	54	Broccoli	29	Carrots	56	Mixed Root Vegetables	65	Mixed Vegetables	51
Wheat Bread	65	Cornbread Loaf	180	Wheat Roll	150	Wheat Roll	150	Garlic Bread	230
Fruit	0	Shortbread Cookie	150	Mixed Fruit	5	Chocolate Pudding	130	Fruit	0
		<b>Cal:699Na:328mg</b>		<b>Cal:816 Na:761mg</b>		<b>Cal:728 Na:900mg</b>		<b>Cal:926 Na:675mg</b>	



**February is American Heart Month!** - From the Desk of the Community Dietitian at Ethos

These dietary recommendations can help control blood pressure and reduce the risk for kidney disease, heart attack, stroke and vascular dementia.

- Choose foods with low or no salt
- Limit fatty foods, red meat and sugary beverages.
- Increase fruits and vegetables with meals and snacks.
- Exercise regularly, about 30 minutes daily.

This month, talk with your medical team on how you can protect your health. Remember: you don't have to make big changes all at once. Even the smallest steps go a long way!

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