Ethos Caribbean HDM Menu - April 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.

Monday 3/31		Tuesday 4/1		Wednesday 4/2		Thursday 4/3		Friday 4/4	
	Na+		Na+		Na+		Na+		Na-
		Haitian Stewed Chicken Drumstick	215	Caribbean Beef	154	Salmon w/ Pineapple-Mango Salsa	60	Lentil Okra Coconut Stew	125
		Yucca	15	w/ Peppers & Onions		Roasted Potatoes	85	White Rice	25
		Mixed Vegetables	51	Stewed Beans	356	Black Beans, Corn & Peppers	61	Vegetable Medley	54
		Dinner Roll	100	Broccoli	29	Wheat Roll	150	Wheat Roll	150
		Chocolate Chip Cookie	80	Oatmeal Roll	260	Fruit	0	Mandarin Cup	5
				Pudding	130				
		Cal:841 Na:596mg		Cal:781 Na:1064mg		Cal:667 Na:491mg		Cal:728 Na:494mg	
Monday 4/7 Tuesday 4/8				Wednesday 4/9		Thursday 4/10		Friday 4/11	
	Na+		Na+		Na+		Na+		Na+
BBQ Jerk Chicken	546	Pork w/ Peach-Mango Salsa	60	Beef Picadillo	153	Cachupa Rica	200	Arroz con Camarones (Shrimp)	417
Yellow Rice	25	Plantains	4	Brown Rice & Pigeon Peas	70	Cilantro Lime Rice	67	White Rice	25
Spinach & Peppers	65	Carrots	56	Green Peas	20	Brussel Sprouts	26	California Blend Vegetables	34
Wheat Roll	150	Dinner Roll	100	Wheat Bread	65	Oatmeal Roll	260	Whole Grain Cornbread	180
Pudding	130	Fruit	0	Banana Bread	240	Fruit	0	Mixed Fruit	5
C-L 742 No. 4054		C-1-700 N255		C-1.002 N C02		C-LCOO NCOO		Californ Navigoria	
Cal:742 Na:1051mg		Cal:708 Na:355mg		Cal:992 Na:683mg		Cal:690 Na:688mg		Cal:665 Na:796mg	

Need help buying groceries? **SNAP** can help!





SNAP can help you buy healthy food.

- It is fast & easy to apply
- · Buy food in stores & online (multiple retailers)
- · SNAP is not considered in a "public charge" test
- If you are not a US citizen or eligible immigrant, it is safe for you to get SNAP for an eligible family member (like your US citizen child)

Am I Eligible for SNAP?

Household Size	Your Monthly Income (before taxes)*	Monthly Maximum SNA Amount*
1	\$2,608	\$292
2	\$3,525	\$536
3	\$4,442	\$768
4	\$5,358	\$975
5	\$6,275	\$1,158
8+	+ \$917	+\$220

For more information or to apply for SNAP:



Scan code with phone camera to apply online

DTAConnect.com



877-382-2363 Mon - Fri 8:15 am-4:45 pm

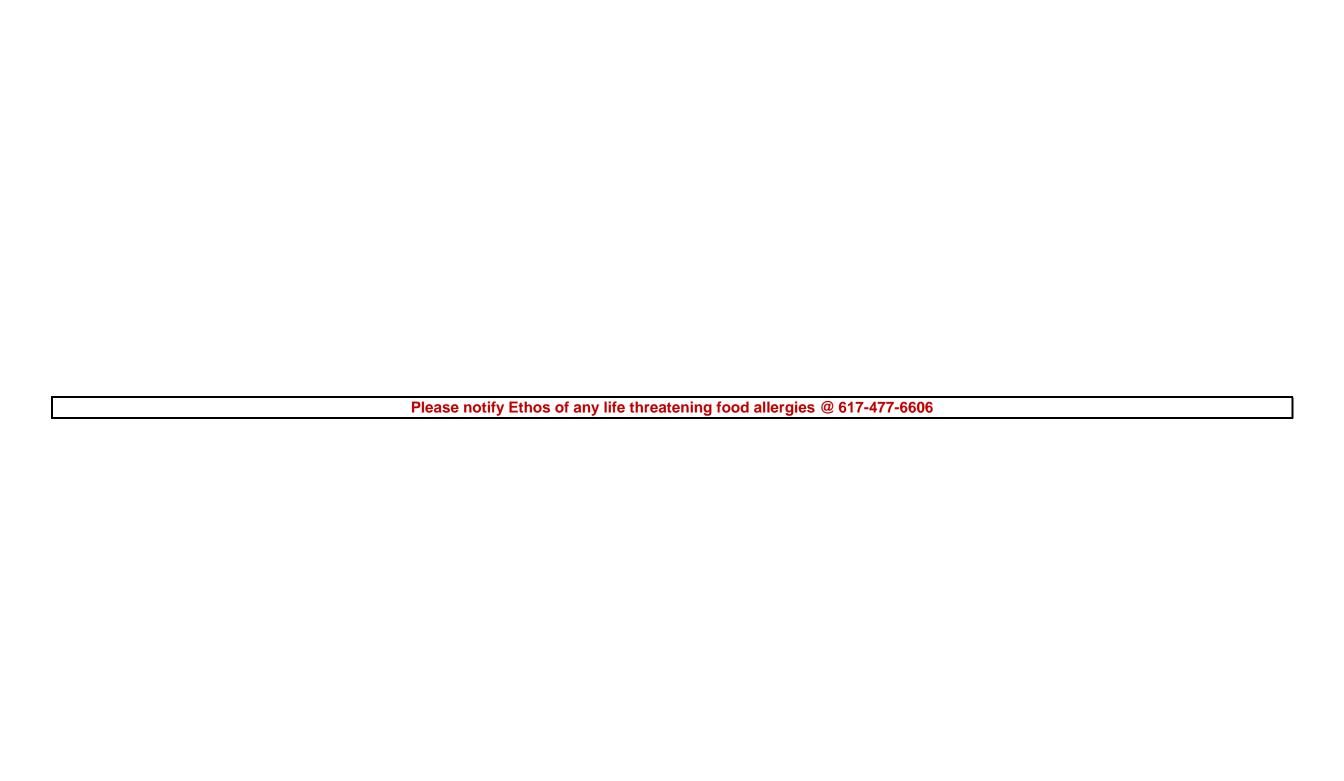


Mail or Fax a paper application Get a paper application: Mass.gov/SNAP



In the community: local kiosk, SNAP outreach partner, DTA office

Find a location near you: Mass.gov/ContactDTA



Ethos Caribbean HDM Menu - April 2025									
Monday 4/14		Tuesday 4/15		Wednesday 4/16		Thursday 4/17		Friday 4/18	
·	Na+		Na+	Holiday Meal - High Sodium	Na+	·	Na+		Na+
Bistec Encebollado	255	Braised Chickpeas & Chorizo	545	Baked Ham w/	588	Frango Assado	120	Pescado con Coco	125
(Puerto Rican Steak & Onions)		Plantains	4	Maple Brown Sugar Glaze		(Brazilian Chicken)		White Rice & Lentils	25
Yellow Rice	25	Broccoli	38	Potatoes au Gratin	360	Yucca	15	Zucchini Squash	20
Carrots	56	Wheat Bread	65	Green Beans	20	Mixed Vegetables	51	Wheat Bread	65
Dinner Roll	100	Pudding	135	Dinner Roll	100	Dinner Roll	100	Fruit	0
Fruit	0			Pound Cake	240	Cinnamon Apples	3		
Cal:700 Na:571mg		Cal:676 Na:922mg		Cal:741 Na:1413mg		Cal:720 Na:424mg		Cal:866 Na:370mg	
Monday 4/21	Tuesday 4/22 Wednesday 4/23				Thursday 4/24 Friday 4/25				
* * * * * * * * * * * * * * * * * * * *			Na+		Na+		Na+		Na+
Ethos is closed in observance of		Jamaican Beef Stew	140	Arroz con Pollo	125	Stewed Tomato White Fish	264	Pork Linguica w/ Onions	623
Patriots' Day. Frozen meals are		White Rice	25	Yellow Rice	25	Cilantro Lime Rice	67	Roasted Potatoes	85
delivered week of April 14, 2025	j.	Brussel Sprouts	26	Carrots	56	Broccoli	38	Green Beans & Red Peppers	20
		Wheat Roll	150	Oatmeal Roll	260	Hawaiian Roll	80	Wheat Roll	150
		Fruit	0	Pudding	130	Blueberry Bread	250	Fruit	0
		Cal:795 Na:476mg		Cal:820 Na:731mg		Cal:923 Na:834mg		Cal:758 Na:1013mg	
Monday 4/28		Tuesday 4/29		Wednesday 4/30					
	Na+		Na+		Na+	Oursetions should the manus on			
Haitian Spaghetti (Beef)	768	Creamy Cajun Chicken	245	Sancocho w/	215	concerns with your nutrition status? Please contact the Ethos dietitian at 617- 477-6606.			
Whole Grain Pasta	4	Mashed Potatoes	22	Beef & Chicken & Potatoes					
Mixed Vegetables	51	Carrots	56	White Rice	25				
Dinner Roll	100	Cornbread Loaf	180	Green Peas	20				
Oatmeal Cookie	90	Fruit	0	Wheat Roll	150				
				Fruit	0				

Jump into Spring with More Fruits and Veggies!

Cal:795 Na:638mg

Cal:842 Na:1148mg

From the Desk of the Community Dietitian at Ethos

Cal:897 Na:545mg

More fruits and veggies are blooming into season. Besides being high in fiber, their bright colors contain compounds that offer a variety of health benefits—and their own unique colors. In fact, the darker the color of fruits or veggies, the more vitamins, minerals and antioxidants they contain. So, in summary, eat the rainbow!

