

Ethos Caribbean Menu - May 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!

Ethos is closed for Memorial Day: Monday, May 26, 2025. Frozen meals are delivered the week of May 20, 2025.



<div>Announcements!</div> <div>Ethos is closed for Memorial Day: Monday, May 26, 2025. Frozen meals are delivered the week of May 20, 2025.</div> <div></div>						Thursday 5/1		Friday 5/2	
							Na+		Na+
						Caribbean Fish Curry	133	Haitian Stewed Chicken Drumstick	215
						Yellow Rice	25	Yucca	15
						Broccoli	38	Beets & Greens	117
Wheat Roll	150	Whole Grain Cornbread Loaf	180						
Pudding	130	Applesauce	2						
Cal:722 Na:611mg			Cal:816 Na:664mg						
Monday 5/5		Tuesday 5/6		Wednesday 5/7		Thursday 5/8		Friday 5/9	
	Na+		Na+	Mother's Day Special	Na+		Na+		Na+
Jambalaya	278	Pastelon	277	Chicken in Sundried Tomato	343	Caribbean Beef w/ Peppers & Onions	155	Cod w/ Stewed Tomatoes	264
(Chicken & Turkey Kielbasa)		w/ Beef & Plantains	-	& Caper Sauce		Cilantro Lime Rice	68	White Rice	25
Yellow Rice	25	Corn & Peppers	21	Roasted Potatoes	85	Carrots	56	Spinach & Red Peppers	65
California Blend Vegetables	34	Hawaiian Roll	80	Broccoli	38	Wheat Roll	150	Wheat Bread	65
Wheat Roll	150	Pudding	130	Oatmeal Roll	260	Orange	0	Peach Cup	5
Banana	1			Fudge Filled Chocolate Cookie	80				
Cal:724 Na:623mg		Cal:866 Na:643mg		Cal:774 Na:941mg		Cal:651 Na:564mg		Cal:721 Na:559mg	

May is Older Americans Month

Eating a balanced diet and staying active can help prevent malnutrition. Malnutrition is when a person's body is either undernourished or over-nourished that can lead to medical complications. When most people think malnutrition, they think undernourished people who don't have enough calories or nutrients to survive. However, malnutrition also means people who are over-nourished in calories, but not enough in nutritious foods.

Risk Factors: Low appetite, loss of muscle or fat, not enough healthy foods, bone density loss

Signs & Symptoms: Unplanned weight loss or weight gain, decreased appetite or ability to eat food, fatigue, fluid retention

If you notice any of these signs and symptoms, 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 5/12		Tuesday 5/13		Wednesday 5/14		Thursday 5/15		Friday 5/16	
	Na+		Na+		Na+		Na+		Na+
Pork Linguica w/ Onions	623	BBQ Jerk Chicken	425	Curried Beef	170	Tuna Pastel w/ Lemon	480	Dominican Roast Turkey	540
White Rice & Lentils	25	Mofungo (Mashed Plantains)	43	Rice & Beans	65	Stewed Black Beans	150	Yellow Rice	26
Green Peas	20	Broccoli	38	Carrots	56	Brussel Sprouts	26	Green Beans & Peppers	20
Dinner Roll	100	Wheat Roll	150	Hawaiian Roll	80	Wheat Roll	150	Buttermilk Biscuit	370
Pear	1	Shortbread Cookie	150	Cinnamon Apples	3	Pudding	130	Mandarin Fruit Cup	5
Cal:953 Na:904mg		Cal:733 Na:941mg		Cal:734 Na:509mg		Cal:714 Na:1171mg		Cal:735 Na:1096mg	
Monday 5/19		Tuesday 5/20		Wednesday 5/21		Thursday 5/22		Friday 5/23	
	Na+		Na+	Holiday Meal	Na+		Na+		Na+
Chicken w/	320	Creamy Cajun Salmon	230	Cheeseburger	375	Caribbean Pork Tacos w/ Lime	440	Crispy Chicken w/ Mushroom Okra Sauce	463
Chorizo Creole Sauce		Whole Grain Pasta	4	w/ Lettuce & Tomato		Mexican Rice	70	White Rice	25
Yucca	15	Broccoli	38	Sweet Potato Wedges	150	Green Peas	20	California Blend Vegetables	34
Mixed Vegetables	51	Dinner Roll	100	Zucchini & Peppers	20	Oatmeal Roll	260	Wheat Roll	150
Wheat Roll	150	Banana	1	Wheat Hamburger Bun	80	Peach Cup	5	Orange	1
Pudding	130			Pound Cake	240				
Cal:794 Na:801mg		Cal:790 Na:508mg		Cal:940 Na:1085mg		Cal:694 Na:930mg		Cal:800 Na:808mg	
Monday 5/26		Tuesday 5/27		Wednesday 5/28		Thursday 5/29		Friday 5/30	
<div>CLOSED FOR MEMORIAL DAY</div> <div></div> <div>Frozen meals are delivered week of May 20, 2025</div>			Na+		Na+		Na+		Na+
		Latin Shepherd's Pie	573	Chicken Sofrito	115	White Fish w/ Pineapple-Mango Salsa	105	Pork & Bean Stew	150
		w/ Beef, Plantains & Potatoes	-	Cilantro Lime Rice	67	White Rice	25	Yellow Rice & Pigeon Peas	70
		Carrots	56	Green Beans & Red Peppers	20	Green Peas	20	Kale & Peppers	29
		Hawaiian Roll	80	Wheat Roll	150	Wheat Roll	150	Hawaiian Roll	80
		Chocolate Chip Cookie	80	Cinnamon Apples	3	Fig Newton	180	Mandarin Fruit Cup	5
		Cal:670 Na:924mg		Cal:655 Na:490mg		Cal:835 Na:615mg		Cal:655 Na:469mg	

BOSTON FOOD RESOURCES

Fair Foods Sites

Fair Foods sites offer bags of fresh produce for only \$2. Visit www.bit.ly/fairfoods20



Food Pantries

Food pantries provide groceries to those in need, regardless of immigration status. Visit www.gbfb.org/need-food



Apply for SNAP

SNAP can help you or your family afford food. Call Project Bread at 1-800-645-8333



Shop at Double Up Stores

Shop with SNAP to get 50% off your fresh fruits and vegetables. Save up to \$10 each day. Visit www.boston.gov/doubleup



Use HIP at Farmers' Markets

Save when you shop with your EBT card at participating HIP farm vendors. For more information visit www.boston.gov/healthy-incentives



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