

Ethos Caribbean HDM Menu- June 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 RSVP, please see your site coordinator.

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

To RSVP, please see your site coordinator.

Monday 6/2		Tuesday 6/3		Wednesday 6/4		Thursday 6/5		Friday 6/6	
	Na+		Na+		Na+		Na+		Na+
Haitian Stewed Chicken Drumstick	213	Caribbean Beef	155	Sancocho w/ Beef	213	Salmon w/ Pineapple-Mango Salsa	60	Lentil Okra Coconut Stew	124
Yucca	15	w/ Peppers & Onions		& Chicken & Potatoes		Roasted Potatoes	85	White Rice	25
Mixed Vegetables	51	Stewed Beans	356	Yellow Rice	25	Black Beans, Corn & Peppers	61	Brussel Sprouts	26
Wheat Roll	150	Green Beans & Red Peppers	20	Broccoli	38	Wheat Roll	150	Cornbread Loaf	180
Fruit	0	Dinner Roll	100	Oatmeal Roll	260	Fruit	0	Fruit	0
		Chocolate Chip Cookie	80	Pudding	130				
Cal:790 Na:564mg	564	Cal:758 Na:846mg	846	Cal:967 Na:801mg	801	Cal:667 Na:491mg	491	Cal:804 Na:490mg	490
Monday 6/9		Tuesday 6/10		Wednesday 6/11		Thursday 6/12		Friday 6/13	
	Na+		Na+		Na+		Na+		Na+
Frango Assado (Brazilian Chicken)	118	Pork w/ Peach-Mango Salsa	105	Arroz con Camarones (Shrimp)	417	BBQ Jerk Drumstick	464	Beef Picadillo	153
Yellow Rice	25	Plantains	4	White Rice	25	Cilantro Lime Rice	67	Brown Rice & Pigeon Peas	70
Carrots	56	Broccoli	38	Green Peas	20	Kale & Corn	11	Vegetable Medley	54
Wheat Roll	150	Dinner Roll	100	Wheat Roll	100	Oatmeal Roll	260	Wheat Bread	65
Pudding	130	Fruit	0	Blueberry Bread	250	Fruit	0	Fruit	2
Cal:716 Na:614mg	614	Cal:710 Na:382mg	382	Cal:870 Na:947mg	947	Cal:817 Na:937mg	937	Cal:783 Na:479mg	479

ANNOUNCEMENTS									
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ANNOUCEMENTS ON ETHOS HOLIDAY CLOSURES

Thursday, June 19, 2025, Ethos is closed for the Juneteenth Holiday. Frozen meals are delivered on June 16, 2025.

Friday, July 4, 2025, Ethos is closed for the Independence Day Holiday. Frozen meals are delivered on June 30, 2025.



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

Ethos Caribbean HDM Menu- June 2025

Monday 6/16		Tuesday 6/17		Wednesday 6/18		Thursday 6/19		Friday 6/20	
	Na+	<i>Holiday Meal</i>	Na+		Na+			Na+	
Pork Linguica w/ Onions	623	Crispy Chicken	185	Pescado con Coco	122		Curried Beef	170	
Roasted Potatoes	85	Black Eyed Peas	141	Yucca	15		White Rice & Lentils	25	
California Blend Vegetables	34	Collards, Corn & Peppers	40	Mixed Root Veggies	65		Green Peas	20	
Dinner Roll	100	Cornbread Loaf	180	Wheat Bread	65		Wheat Roll	150	
Fruit	0	Banana Bread	240	Shortbread Cookie	150		Fruit	0	
Cal:764 Na:977mg	977	Cal:1115 Na:921mg	921	Cal:965 Na:552mg	552		Cal:784 Na:500mg	500	

Monday 6/23		Tuesday 6/24		Wednesday 6/25		Thursday 6/26		Friday 6/27	
	Na+		Na+		Na+		Na+		Na+
Creamy Cajun Chicken	244	Stewed Tomato Shrimp	517	Arroz con Pollo	123	Bistec Encebollado	255	Chicken, Chorizo	470
Mashed Potatoes	22	Cilantro Lime Rice	67	Yellow Rice	25	(Puerto Rican Steak & Onions)		& Cheese Pastel	
Vegetable Medley	54	Green Beans	20	Black Bean, Corn & Peppers	61	White Rice	25	Yellow Rice	25
Wheat Roll	150	Wheat Bread	65	Wheat Roll	150	Broccoli	38	Brussel Sprouts	26
Fruit	0	Fruit	0	Pound Cake	240	Dinner Roll	100	Hawaiian Roll	80
						Pudding	130	Fruit	2
Cal:670 Na:605mg	605	Cal:740 Na:804mg	804	Cal:824 Na:734mg	734	Cal:754 Na:683mg	683	Cal:795 Na:738mg	738

Monday 6/30		<div>Ethos Nutrition Annual Survey – Due Friday, July 11, 2025!</div> <div>This month, you will receive our annual Home Delivered Meals survey delivered by HDM driver. Your input is valuable to our program, so we are requesting clients to complete the survey by Friday, July 13, 2025. All answers are anonymous and confidential. When finished, you can either return your survey to your HDM driver or mail the survey to Ethos at 555 Amory Street, Jamaica Plain, MA 02130. Thank you!</div>
High Sodium Meal	Na+	
Haitian Spaghetti (Beef)	772	
Whole Grain Pasta	4	
Carrots	56	
Oatmeal Roll	260	
Pudding	130	
Cal:984 Na:1357mg		

Time to Recharge Our Vitamin D Stores!

As we age, we need more vitamin D to protect healthy bones and muscle function. The recommended dietary amount is 600-800 IU daily for older adults. Ways to get more vitamin D are to:

- Drink fortified beverages - milk, soymilk, orange juice
- Eat foods such as breakfast cereals, salmon, sardines, eggs and mushrooms
- Sit in direct sunlight - about 15 to 30 minutes daily.
- Dietary supplement - under the supervision of your medical provider



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

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