

Ethos Caribbean HDM Menu - August 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.

Massachusetts Senior Farmer's Market Produce Distribution



This month, you will receive a bag of fresh, local produce delivered to you via your HDM Driver.

Your Home Delivered Meals Driver will bring you a "Massachusetts Senior Farmers' Market Nutrition - Receipt of Produce" form to sign. Please complete it, and return with your Home Delivered Meals Driver upon receipt of your fresh produce bag. For more information, call 617-477-6606.

Friday 8/1

	Na+
Caribbean Beef	155
w/ Peppers & Onions	356
Stewed Beans	20
Green Peas	150
Wheat Dinner Roll	240
Banana Bread	

Cal:908 Na:1056mg

Monday 8/4		Tuesday 8/5		Wednesday 8/6		Thursday 8/7		Friday 8/8	
	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	Vegetable Medley	54	Kale & Corn	11	Brussel Sprouts	26
Wheat Roll	150	Cornbread Loaf	180	Wheat Bread	65	Cornbread Loaf	180	Hawaiian Roll	80
Pudding	130	Fruit	0	Fruit	0	Chocolate Chip Cookie	80	Fruit	0
Cal:716 Na:614mg		Cal:747 Na:462mg		Cal:741 Na:696g		Cal:923 Na:937mg		Cal:760 Na:464mg	

Ethos Nutrition Annual Survey Due



Last month, you should have received our annual meals survey from your site coordinator. If you haven't already, please complete the survey no later than **August 16, 2025**. All answers are anonymous and confidential. When finished, you can either return your survey to your site coordinator or mail the survey to Ethos at 555 Amory Street, Jamaica Plain, MA 02130. Thank you!



Ethos will be closed on Monday, September 1, 2025 for the Labor Day Holiday.

If you usually receive a meal on Mondays, you will receive a replacement frozen meal the week of August 25, 2025.

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

Ethos Caribbean HDM Menu - August 2025

Monday 8/11		Tuesday 8/12		Wednesday 8/13		Thursday 8/14		Friday 8/15	
	Na+		Na+		Na+		Na+		Na+
Pork Linguica w/ Onions	623	Lentil Okra Coconut Stew	124	Pescado con Coco	122	Curried Beef	170	Haitian Stewed Chicken Drumstick	213
Roasted Potatoes	85	White Rice	25	Yucca	15	White Rice & Lentils	25	Yellow Rice	25
Mixed Vegetables	51	Black Bean & Corn Succotash	90	Mixed Root Vegetables	65	Green Beans	20	Carrots	56
Wheat Roll	150	Dinner Roll	100	Wheat Dinner Roll	150	Wheat Bread	65	Wheat Bread	65
Fruit	0	Pound Cake	240	Pudding	130	Fruit	0	Fruit	0
Cal:784 Na:1044mg		Cal:912 Na:714mg		Cal:885 Na:617mg		Cal:805 Na:415mg		Cal:767 Na:494mg	
Monday 8/18		Tuesday 8/19		Wednesday 8/20		Thursday 8/21		Friday 8/22	
	Na+		Na+		Na+		Na+		Na+
Creamy Cajun Chicken	244	Stewed Tomato White Fish	264	Arroz con Pollo	123	Puerto Rican Steak & Onions	255	Pastel de Tuna w/ Lemon	480
Mashed Potatoes	22	Cilantro Lime Rice	67	Yellow Rice	25	White Rice	25	Yellow Rice	25
Broccoli	38	Green Peas	20	Zucchini Squash & Red Peppers	20	Carrots	56	Mixed Vegetables	51
Dinner Roll	100	Wheat Roll	150	Wheat Roll	150	Hawaiian Roll	80	Cornbread Loaf	180
Pudding	130	Fruit	0	Blueberry Bread	250	Fruit	0	Fruit	0
Cal:734 Na:669mg		Cal:760 Na:636mg		Cal:904 Na:703mg		Cal:690 Na:551mg		Cal:810 Na:871mg	
Monday 8/25		Tuesday 8/26		Wednesday 8/27		Thursday 8/28		Friday 8/29	
<i>High Sodium Meal</i>	Na+		Na+	<i>Holiday Meal - Labor Day</i>			Na+		Na+
Haitian Spaghetti (Beef)		Salmon w/ Pineapple-Mango Salsa	60	Cheeseburger	370	Dominican Style Chicken	225	Sancocho	
Whole Grain Pasta	770	Roasted Potatoes	85	Sweet Potato Wedges	150	Rice & Beans	65	w/ Beef & Chicken & Potatoes	213
Black Beans, Corn & Peppers	61	Vegetable Medley	54	Broccoli	38	Brussel Sprouts	26	White Rice	25
Wheat Roll	150	Wheat Roll	150	Wheat Hamburger Bun	80	Wheat Bread	65	Green Beans & Red Peppers	20
Pudding	130	Fruit	0	Peach Crisp	34	Fruit	0	Hawaiian Roll	80
				Ketchup	85			Fruit	0
Cal:833 Na:1246mg		Cal:670 Na:484		Cal:978 Na:892mg		Cal:836 Na:516mg		Cal:851 Na:473mg	

Don't Forget Your Fruits and Veggies!

- From the Desk of the Ethos Dietitian

Summer is fantastic when it comes to local produce. All across Massachusetts, farmers and mobile markets are delivering home-grown produce like salad fixings, snap peas, blueberries, watermelon -- and more! Eating local when possible is not only good for overall health, but also for the community and economy. Here are some healthy recipes that taste like summer:

- Fruit-Infused Water: Add 1-2 clean pieces of fruit and a sprig of mint in a glass. Top with iced water.
- Open-Faced Sandwich: Pick a protein (cooked chicken, hummus, tuna) and layer with lettuce and avocado on wheat bread.
- Caprese Salad: Slice mozzarella cheese and fresh tomato. Toss with basil, balsamic vinegar and oil.

Questions about menus or concerns with your nutrition status? Call the Ethos Nutrition Department at 617-477-6606.

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