

## Ethos HDM Caribbean Menu- February 2026



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 2/2

Tuesday 2/3

Wednesday 2/4

Thursday 2/5

Friday 2/6

	Na+		Na+		Na+		Na+		Na+
Dominican Style Chicken	150	Sancocho Beef & Chicken & Potatoes	213	Pork & Bean Stew	146	BBQ Jerk Drumstick	464	Caribbean Beef Peppers & Onions	132
Rice & Beans	65	White Rice	25	Yellow Rice	61	Cilantro Lime Rice	67	Stewed Beans	356
Vegetable Medley	54	Black Beans, Corn & Peppers	61	Blackened Eyed Peas	38	California Blend Vegetables	34	Green Beans & Red Peppers	30
Wheat Bread	65	Tortilla Wrap	135	Broccoli	38	Cornbread Loaf	180	Hawaiian Roll	80
Chocolate Pudding	135	Orange	0	Fig Newton	180	Applesauce	0	Orange	1

Cal:832 Na:604mg

Cal:680 Na:569mg

Cal:915 Na:560mg

Cal:690 Na:880mg

Cal:780 Na:734mg

Monday 2/9

Tuesday 2/10

Wednesday 2/11

Thursday 2/12

Friday 2/13

	Na+		Na+		Na+		Holiday Meal	Na+	Happy Valentine's Day	Na+
Frango Assado	-	Bistec Encebollado	-	Arroz con Atume (Tuna)	153	Pot Roast w/ Gravy	590	Pork Linguica w/ Onions	623	
Brazilian Chicken	118	Puerto Rican Steak & Onions	132	Yellow Rice	25	Baked Sweet Potatoes	21	White Rice	25	
Brown Rice & Pigeon Peas	70	Yucca	15	Green Peas	20	Vegetable Medley	50	Green Beans	20	
Carrots	54	Broccoli	38	Wheat Roll	150	Wheat Roll	150	Cornbread Loaf	180	
Dinner Roll	100	Wheat Bread	65	Banana	1	Chocolate Chip Blondie	190	Peach Fruit Cup	5	

Cal:774 Na:607mg

Cal:761 Na:390mg

Cal:805 Na:484mg

Cal:770 Na:1136mg

Cal:877 Na:988mg

### 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.

**Alternative Food Resources:** Here are some additional food resources for the colder months.  
 -Call or text Project Bread's Hotline at 1-800-645-8333. Regular hours are Mon-Fri 8a-7p and Sat 10a-2p  
 -To see if you qualify for SNAP benefits, call 617-598-5022 or email [SNAP@GBFB.org](mailto:SNAP@GBFB.org)  
 -Call 2-1-1 to get connected to MA food security, transportation, and behavioral health resources.

### **HDM Hot Meal Reheating Instructions:**

1. Peel or slit the plastic film of your HDM tray.
2. Microwave for 2-3 minutes or place meal on a cookie sheet to heat in 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 HDM Carribien Menu- February 2026

Monday 2/16	Tuesday 2/17	Wednesday 2/18		Thursday 2/19		Friday 2/20		
<b>WE WILL BE CLOSED ON PRESIDENTS DAY</b> 	Arroz con Camarones (Shrimp) Yellow Rice Carrots Wheat Roll Banana	Na+ 417 25 54 150 1	Ash Wednesday Egg & Cheese Broccoli Bake Whole Grain Buttermilk Biscuit Mixed Vegetables Pound Cake	Na+ 315 370 51 240	Lentil Okra Coconut Stew White Rice Brussel Sprouts Wheat Roll Cinnamon Apples	Na+ 124 25 26 150 3	Lent Stewed Tomato White Fish Cilantro Lime Rice Broccoli Wheat Bread Chocolate Chip Cookie	
Frozen meals delivered week of 2/9/26	Cal:705 Na:782mg	Cal:782 Na:1111mg	Cal:752 Na:463mg	Cal:766 Na:649mg				
Monday 2/23	Tuesday 2/24	Wednesday 2/25		Thursday 2/26		Friday 2/27		
Creamy Cajun Chicken Mashed Potatoes Kale & Red Peppers Wheat Roll Vanilla Pudding	Na+ 240 23 29 150 130	Pork w/ Peach-Mango Salsa Plantains Mixed Root Vegetables Buttermilk Biscuit Pear	Na+ 100 4 65 370 1	Haitian Stewed Chicken Drumstick Yucca Edamame, Corn & Pepeprs Cornbread Loaf Banana	Na+ 213 15 22 180 1	Arroz con Pollo Yellow Rice Carrots Wheat Bread Orange	Na+ 123 25 56 65 1	Lent Pastel de Tuna w/ Lemon Roasted Potatoes Green Peas Dinner Roll Oatmeal Cookie
Cal:761 Na:707mg	Cal:755 Na:675mg	Cal:795 Na:566mg	Cal:716 Na:405mg	Cal:742 Na:910mg				



## 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 or choose a movement that works best for you (i.e. chair exercises).

Visit the [American Heart Association](#) or the [National Heart, Lung, and Blood Institute](#) websites to find community events, educational resources, and publications.

### Residential Exemption in Massachusetts

-The residential exemption reduces your tax bill by excluding a portion of your residential property's value from taxation. This fiscal year, the residential exemption saved qualified Boston homeowners up to \$4,353.74 on their tax bill.  
-For Fiscal year 2026, you have until April 1, 2026 to file an application.  
-call Taxpayer Referral and Assistance Center at 617-635-4287 to see if you're eligible or to request an application

### Senior Circuit Breaker Tax Credit

-The Massachusetts "Circuit Breaker" tax credit provides tax relief for low to moderate income older adults age 65+.  
-Available to renters & homeowners based on certain eligibility requirements  
-Contact the MA Department of Revenue for more info by calling 617-887-6367 or visit [mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit](http://mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit)

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