

Ethos HDM Caribbean Menu-March 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 3/2		Tuesday 3/3		Wednesday 3/4		Thursday 3/5		Friday 3/6	
	Na+		Na+		Na+		Na+		Na+
Beef Picadillo	153	Caribbean Pork Tacos w/ Lime	440	Haitian Stewed Chicken Drumstick	213	Pork & Bean Stew	145	Caribbean Fish Curry	135
Brown Rice & Pigeon Peas	70	Mexican Rice	70	Plantains	4	Yellow Rice & Black Eyed Peas	61	White Rice	25
California Blend Vegetables	34	Carrots	56	Kale & Peppers	29	Green Beans w/ Red Peppers	20	Green Peas	20
Wheat Roll	150	Tortilla Wrap	135	Cornbread Loaf	180	Hawaiian Roll	80	Wheat Bread	65
Apple	1	Orange	0	Banana	1	Shortbread Cookie	150	Fruit Cup	1
Cal:870 Na:543mg		Cal:897 Na:836mg		Cal:777 Na:562mg		Cal:873 Na:591mg		Cal:715 Na:381mg	
Monday 3/9		Tuesday 3/10		Wednesday 3/11		Thursday 3/12		Friday 3/13	
	Na+		Na+		Na+		Na+		Na+
Pastelon	-	Chicken Sofrito	115	Cod w/Stewed Tomatoes	264	Caribbean Beef, Peppers & Onions	132	Arroz con Frijoles	355
Beef & Plantains	277	Yucca	15	White Rice	25	Cilantro Lime Rice	67	Yellow Rice	25
Broccoli	38	Vegetable Medley	54	Brussel Sprouts	26	Green Beans & Red Peppers	20	Broccoli	38
Dinner Roll	100	Dinner Roll	100	Hawaiian Roll	80	Wheat Roll	150	Wheat Roll	150
Cinnamon Apples	3	Pear	3	Chocolate Pudding	135	Fruit Cup	1	Pound Cake	240
Cal:725 Na:553mg		Cal:725 Na:422mg		Cal:730 Na:665mg		Cal:690 Na:505mg		Cal:848 Na:943mg	

ANNOUNCEMENTS



Daylight Savings: Spring is almost here! Don't forget to move your clock forward by 1 hour on Sunday, 3/8.

Weather Emergency: 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.

JP@Home is Now Neighbors Connect! Aging Well Together

-Neighbors Connect is a member-driven community for older adults who want to bring new energy into their lives. The community includes individuals in JP, Roslindale, West Roxbury, Roxbury, Hyde Park, Mission Hill, and Brookline. Together, members build friendships, enjoy a range of activities, support one another, and have fun!

To learn more about membership fees and services, please contact

JOIN TODAY!

Member Services
617-477-6934
ldroster@ethocare.org
www.ethocare.org/jphome

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

Ethos HDM Caribbean Menu-March 2026

Monday 3/16		Tuesday 3/17		Wednesday 3/18		Thursday 3/19		Friday 3/20	
	Na+	Holiday Meal High Sodium	Na+		Na+		Na+		Na+
BBQ Jerk Chicken Drumstick	464	Corned Beef & Cabbage	745	White Fish w/ Peach-Mango Salsa	105	Latin Shepherd's Pie	689	Lentil Okra Coconut Stew	124
Mofungo (Mashed Plantains)	43	Boiled Potatoes	133	White Rice	25	w/ Beef, Plantains & Potatoes	-	White Rice	25
Brussel Sprouts	26	Carrots	56	Vegetable Medley	54	Mixed Vegetables	51	California Blend Vegetables	34
Wheat Bread	65	Wheat Roll	150	Whole Grain Cornbread Loaf	180	Wheat Roll	150	Wheat Roll	150
Vanilla Pudding	130	Shamrock Cookie	65	Orange	0	Banana	1	Pear Cup	0
Cal:770 Na:863mg		Cal:847 Na:1254mg		Cal:775 Na:500mg		Cal:690 Na:1026mg		Cal:847 Na:468mg	

Monday 3/23		Tuesday 3/24		Wednesday 3/25		Thursday 3/26		Friday 3/27	
	Na+		Na+		Na+		Na+		Na+
Creamy Cajun Salmon	226	Arroz con Pollo	123	Jamaican Beef Stew	140	Pork, Pineapple-Mango Salsa	65	Stewed Tomato White Fish	264
Whole Grain Pasta	4	Yellow Rice	25	Brown Rice	25	Plantains	4	Cilantro Lime Rice	67
Green Peas, Red Peppers	54	Broccoli	38	Mixed Root Vegetables	51	Carrots	56	Mixed Vegetables	51
Cornbread Loaf	180	Dinner Roll	100	Wheat Roll	150	Whole Grain Cornbread Loaf	180	Dinner Roll	100
Oatmeal Cookie	90	Chocolate Pudding	135	Apple	1	Pear	2	Orange	0
Cal:700 Na:689mg		Cal:767 Na:456mg		Cal:715 Na:731mg		Cal:840 Na:442mg		Cal:701 Na:617mg	

Monday 3/30		Tuesday 3/31	
	Na+		Na+
Pescado con Coco (Coconut Fish)	122	Jambalaya (Chicken & Turkey Kielbasa)	278
Yellow Rice & Black Eyed Peas	61	Yellow Rice	25
Green Beans	20	Broccoli	38
Wheat Roll	150	Wheat Roll	150
Cinnamon Apples	3	Vanilla Pudding	130
Cal:763 Na:491mg		Cal:675 Na:756mg	



Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse. Call 800-892-0890 or visit www.masmp.org for more information.

March is National Nutrition Month!

National Nutrition Month is a time to encourage healthy eating habits for all. For older adults, here are some nutrition tips that can help:

- Eat snacks that have a balance of protein, carbohydrates and fat (ex. tuna salad on some wheat crackers, or a half cup of low fat yogurt with fruit).
- Aim for three meals daily. Eating regularly can help maintain energy levels and overall health.
- Practice techniques to reduce your risk for foodborne illness (ex. wash hands and surfaces when touching raw meat, and before/after food prep).
- Add fruits and vegetables raw or cooked with meals and snacks. They are packed with vitamins and fiber!



Meal Cancellation Policy

In an effort to reduce food waste, Ethos requests that all HDM clients call by 9AM the day before to cancel meal deliveries. Please call 617-477-6606 for meal cancellations or further information. Thank you for supporting our effort to reduce food waste!

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