

Ethos HDM Caribbean Menu- April 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. Note: An asterisk indicates a high sodium item of >500mg.

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 at least 24 hours in advance.

ANNOUNCEMENTS



Boston, you may be able to get your taxes done for free. Check if you are eligible: Boston.gov/Tax-Help or call Boston Tax Help Coalition at 617-635-4500.
Individual Income Tax Returns are due by 4/15/2026

Wednesday 4/1

	Na+
Dominican Style Chicken	151
Rice & Beans	124
California Blend Vegetables	34
Hawaiian Roll	80
Shortbread Cookie	150
Cal:843 Na:674mg	

Thursday 4/2

	Na+
Sancocho, Beef, Chicken & Potatoes	213
White Rice	25
Brussel Sprouts	26
Wheat Bread	65
Banana	1
Cal:934 Na:465mg	

Friday 4/3

	Na+
Opening Day	
Hot Dog (beef)	540
Baked Beans	140
Green Beans w/ Red Peppers	20
Whole Wheat Hot Dog Bun	85
Fruit Cup	0
Cal:883 Na:1002mg	

Monday 4/6

	Na+
Pork & Bean Stew	146
Yellow Rice & Black Eyed Peas	61
Vegetable Medley	54
Wheat Bread	65
Chocolate Pudding	135
Cal:838 Na:596mg	

Tuesday 4/7

	Na+
BBQ Jerk Drumstick	464
Cilantro Lime Rice	67
Black Beans, Corn & Peppers	61
Wheat Roll	150
Orange	0
Cal:798 Na:877mg	

Wednesday 4/8

	Na+
Caribbean Beef w/ Peppers & Onions	132
Stewed Beans	357
Broccoli	38
Wheat Bread	65
Apple Sauce	2
Cal:717 Na:666mg	

Thursday 4/9

	Na+
Frango Assado (Brazilian Chicken)	118
Brown Rice & Pigeon Peas	70
California Blend Vegetables	34
Wheat Roll	150
Fig Newton	180
Cal:778 Na:687mg	

Friday 4/10

	Na+
Bistec Encebollado (Puerto Rican Steak & Onions)	132
Yucca	15
Green Peas	20
Hawaiian Roll	80
Banana	1
Cal:921 Na:383mg	

ANNOUNCEMENTS

- 1. Earth Day April, 22 2026:** Help us combat food waste! If you know you will not be home for your meal on a certain day, please contact Ethos at [617-477-6606 at least 24 hours in advance](tel:617-477-6606). Same day cancellations contribute to more waste, and Ethos is looking to minimize the amount of meals that end up in our landfills rather than with our community members. If you must cancel the same day, we ask that you do so by **9am**. We appreciate your help as we celebrate Earth Day.
- 2. Storm Packs:** Every individual who receives home delivered meals should have received a storm pack in March. These are shelf stable meals in case there is a storm and drivers cannot deliver meals. If you did not receive one, contact Ethos at 617-477-6606.
- 3. Ethos Home Delivered Meals Program:** If you know of someone who's interested in home delivered meals, please contact the Ethos Nutrition Dept at 617-477-6606. We offer a variety of menus that cater to different cuisines and dietary needs. Our menus can also be found at www.ethocare.org.

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

Ethos HDM Caribbean Menu- April 2026

Monday 4/13		Tuesday 4/14		Wednesday 4/15		Thursday 4/16		Friday 4/17	
	Na+		Na+	Holiday Meal - High Sodium Meal	Na+		Na+		Na+
Haitian Spaghetti (Beef)		Arroz con Atume (Tuna)		Baked Ham w/ Maple Brown Sugar Glaze	694	Lentil Okra Coconut Stew	124	Pork Linguica w/ Onions	623
Whole Grain Pasta	770	Yellow Rice	271	Potatoes au Gratin	358	White Rice	25	White Rice	25
Green Beans & Red Peppers	20	Corn w/ Peppers	21	Green Beans w/ Red Peppers	20	Carrots	56	California Blend Vegetables	34
Wheat Bread	65	Wheat Roll	150	Dinner Roll	100	WG Cornbread	180	Wheat Bread	65
Pound Cake	240	Pear Fruit Cup	0	Chocolate Chip Cookie	78	Orange	0	Apple	2
Cal:878 Na:1068mg		Cal:605 Na:577mg		Cal:811 Na:1547mg		Cal:720 Na:490mg		Cal:909 Na:884mg	

Monday 4/20		Tuesday 4/21		Wednesday 4/22		Thursday 4/23		Friday 4/24	
	Na+		Na+	Earth Day	Na+		Na+		Na+
Ethos is closed in observance of Patriots' Day. Frozen meals are delivered week of April 13, 2026.		Arroz con Camarones (Shrimp)	417	Stewed Tomato White Fish	264	Pork w/ Peach-Mango Salsa	60	Pastel de Tuna w/ Lemon	480
		Yellow Rice	25	Cilantro Lime Rice	67	Plantains	4	Roasted Potatoes	85
		Green Peas w/ Red Peppers	72	California Blend Vegetables	34	Brussel Sprouts	26	Broccoli	38
		Wheat Roll	150	Whole Grain Cornbread	180	Wheat Roll	150	Cornbread Loaf	180
		Vanilla Pudding	130	Apple	2	Banana	1	Fruit Cup	0
	Cal:651 Na:929mg		Cal:819 Na:682mg		Cal:672 Na:376mg		Cal:717 Na:918mg		

Monday 4/27		Tuesday 4/28		Tuesday 4/29		Thursday 4/30	
	Na+		Na+		Na+		Na+
Creamy Cajun Chicken	240	Haitian Stewed Chicken Drumstick	213	Arroz con Pollo	123	Beef Picadillo	153
Mashed Potatoes	23	Yucca	15	Yellow Rice	26	Brown Rice & Pigeon Peas	70
Green Beans & Red Peppers	20	Mixed Root Vegetables	65	California Blend Vegetables	34	Green Peas	20
Wheat Roll	150	Wheat Roll	150	Wheat Roll	150	Dinner Roll	100
Lemon Square	90	Chocolate Pudding	135	Banana	1	Orange	0
Cal:747 Na:658mg		Cal:718 Na:580mg		Cal:745 Na:471mg		Cal:782 Na:478mg	

Jump into Spring with More Fruits and Veggies!

- From the Desk of the Community Dietitian at Ethos

More fruits and veggies are blooming into season. Besides being high in fiber, their bright colors contain compounds that offer a variety of health benefits—and their own unique colors. Some spring seasonal produce include strawberries, carrots, asparagus, and lemons. So, eat the rainbow!

As for Earth Day tips, consider using reusable bags and utensils to decrease the amount of waste at home.



Photos from USDA Spring Produce Website

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