

Ethos HDM Caribbean Menu - May 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!



1. **Ethos is closed for Memorial Day: Monday, May 25, 2026.** Frozen meals are delivered the week of May 18, 2026.
2. **Alzheimer's:** If you know someone with Alzheimer's and need assistance, the Alzheimer's Association has a 24/7 Helpline with over 200 languages available. Call 800-272-3900.
3. **Farmers Markets:** Most farmers markets accept SNAP/EBT cards. The Healthy Incentives Program (HIP) applies funds to your purchase when you use EBT cards to buy fruits and vegetables at participating vendors. Look for farmers markets with the HIP logo at their tables. Visit DTA website to find HIP vendors near you.

Friday 5/1	
	Na+
Caribbean Pork Tacos w/ Lime	440
Mexican Rice	70
Broccoli	38
Tortilla Wrap	270
Apple	3
Cal:720 Na:956mg	

Monday 5/4		Tuesday 5/5		Wednesday 5/6		Thursday 5/7		Friday 5/8	
	Na+		Na+		Na+		Na+		Na+
Pastelon		Chicken Sofrito	115	Cod, Stewed Tomatoes	264	Caribbean Beef, Peppers & Onions	132	Arroz con Camarones	417
Beef & Plantains	277	Yucca	15	White Rice	25	Cilantro Lime Rice	67	Yellow Rice	25
Green Peas	20	Green Beans & Red Peppers	20	Broccoli	38	Vegetable Medley	54	California Blend Vegetables	34
Wheat Bread	65	Cornbread Loaf	180	Wheat Roll	150	Dinner Roll	100	Dinner Roll	100
Orange	1	Fruit Cup	0	Lemon White Chocolate Cookie	100	Pear	2	Chocolate Pudding	130
Cal:863 Na:498mg		Cal:798 Na:465mg		Cal:796 Na:712mg		Cal:878 Na:490mg		Cal:676 Na:841mg	



Food Safety

-As the warm weather comes around, it is important to consider food safety. Hot home delivered meals are intended for immediate consumption. If you are not able to eat it at delivery, please place in the fridge immediately.

Ethos Annual Prom

-Ethos Annual Senior Prom will be held Thursday, May 21, 2026 at the Irish Social Club in West Roxbury.
-Check the Ethos website for more information: www.ethocare.org



Pride Month - June

-Ethos Pride Initiative Program is dedicated to supporting LGBTQ+ elders in the Greater Boston area. Please contact Mackenzie Valencia at 617-477-6937 for more information.

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

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Monday 5/11		Tuesday 5/12		Wednesday 5/13		Thursday 5/14		Friday 5/15	
	Na+		Na+		Na+		Na+		Na+
BBQ Jerk Chicken Drumstick	464	White Fish, Peach-Mango Salsa	105	Latin Shepherd's Pie		Lentil Okra Coconut Stew	124	Arroz con Pollo	123
Mofongo (Mashed Plantains)	43	White Rice	25	Beef, Plantains & Potatoes	689	White Rice	25	Yellow Rice	25
Brussel Sprouts	26	Carrots	56	Kale & Peppers	29	California Blend Vegetables	34	Mixed Vegetables	51
Wheat Roll	150	Whole Grain Cornbread Loaf	180	Hawaiian Roll	80	Dinner Roll	100	Wheat Roll	150
Fig Newton	180	Orange	0	Apple	1	Shortbread Cookie	150	Banana	1
Cal:809 Na:914mg		Cal:750 Na:501mg		Cal:658 Na:934mg		Cal:819 Na:568mg		Cal:776 Na:485mg	
Monday 5/18		Tuesday 5/19		Wednesday 5/20		Thursday 5/21		Friday 5/22	
	Na+		Na+	Holiday Meal	Na+		Na+		Na+
Creamy Cajun Salmon	226	Jamaican Beef Stew	140	BBQ Chicken Sandwich	360	Pork, Pineapple-Mango Salsa	100	Pescado con Coco	122
Roasted Potatoes	85	Brown Rice	25	Sweet Potato Fries	150	Plantains	4	Yellow Rice & Black Eyed Peas	61
Green Peas & Red Peppers	72	Broccoli	38	Zucchini & Red Peppers	19	Mixed Vegetables	51	California Blend Vegetables	34
Buttermilk Biscuit	370	Cornbread Loaf	180	Wheat Sandwich Bun	75	Dinner Roll	100	Wheat Roll	150
Pear	2	Oatmeal Cookie	90	Pound Cake	240	Orange	0	Apple	1
Cal:836 Na:890mg		Cal:901 Na:608mg		Cal:850 Na:949mg		Cal:705 Na:390mg		Cal:871 Na:503mg	
Monday 5/25		Tuesday 5/26		Wednesday 5/27		Thursday 5/28		Friday 5/29	
CLOSED FOR MEMORIAL DAY			Na+		Na+		Na+		Na+
 Frozen meals are delivered week of May 18, 2026		Haitian Stewed Chicken Drumstick	213	Beef Picadillo	153	Stewed Tomato White Fish	264	Jambalaya (Chicken & Turkey Kielbasa)	278
		Plantains	4	Brown Rice & Pigeon Peas	70	Cilantro Lime Rice	67	Yellow Rice	25
		Brussel Sprouts	26	Carrots	56	Broccoli	38	Vegetable Medley	54
		Cornbread Loaf	180	Wheat Roll	150	Wheat Roll	150	Whole Grain Cornbread Loaf	180
		Vanilla Pudding	135	Orange	1	Chocolate Chip Cookie	80	Pear	2
		Cal:792 Na:693mg		Cal:701 Na:565mg		Cal:759 Na:734mg		Cal:853 Na:674mg	

May is Older Americans Month - *From the Desk of the Community Dietitian, Aoife Gilvarry, at Ethos*

This year's theme for Older Americans Month is "Champion Your Health". The theme focuses on prevention, wellness, and personal responsibility as foundations of healthy aging. For example, eating a balanced diet and staying active can help prevent malnutrition.

"Champion Your Health" encourages taking an active role in managing your own health and accessing preventative care. Engaging in community programs that promote well-being are a great way to execute this. Please visit your local Ethos cafe for events, programming, and opportunities to meet others. For more information, please contact the Ethos cafe department at



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