

Ethos HDM Caribbean Menu-June 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.



Monday 6/1	Tuesday 6/2		Wednesday 6/3		Thursday 6/4		Friday 6/5		
	Na+		Na+		Na+		Na+		
Pork & Bean Stew	146	BBQ Jerk Drumstick	464	Caribbean Beef, Peppers & Onions	132	Frango Assado (Brazilian Chicken)	118	Bistec Encebollado	
Yellow Rice & Black Eyed Peas	61	Cilantro Lime Rice	67	Stewed Beans	357	Brown Rice & Pigeon Peas	70	Puerto Rican Steak & Onions	132
Carrots	56	Brussel Sprouts	26	Broccoli	38	Spinach w/ Peppers	65	Yucca	15
Wheat Bread	65	Wheat Roll	150	Whole Grain Cornbread	180	Dinner Roll	100	California Blend Vegetables	34
Pear	1	Shortbread Cookie	150	Banana	1	Vanilla Pudding	130	Hawaiian Roll	80
								Fruit Cup	5
Cal:798 Na:464mg	464	Cal:846 Na:992mg	992	Cal:950 Na:843mg	843	Cal:717 Na:618mg	618	Cal:814 Na:401mg	401
Monday 6/8	Tuesday 6/9		Wednesday 6/10		Thursday 6/11		Friday 6/12		
	Na+		Na+		Na+		Na+		
Haitian Spaghetti (Beef)	770	Dominican Style Chicken	151	Arroz con Atume (Tuna)	271	Lentil Okra Coconut Stew	100	Pork Linguica, Onions	623
Whole Grain Pasta		Rice & Beans	124	Yellow Rice	26	White Rice	25	Mashed Potatoes	85
Kale & Corn	11	Black Beans, Corn & Peppers	61	Green Beans & Red Peppers	21	Carrots	56	Green Peas	20
Wheat Bread	65	Wheat Roll	150	Dinner Roll	100	Hawaiian Roll	80	Wheat Roll	150
Chocolate Pudding	135	Orange	0	Apple	1	Fig Newton	180	Pear	2
Cal:778 Na:621mg	1116	Cal:761 Na:554mg	621	Cal:956 Na:576mg	554	Cal:850Na:1015mg	576	Cal:850 Na:1015mg	1015

Announcements

1. **Ethos Nutrition Annual Survey** – In June, you will receive our annual Home Delivered Meals Satisfaction Survey delivered by your HDM driver. Your input is valuable to our program, and all answers are anonymous and confidential. When finished, you can either return your survey to your HDM driver or mail it to Ethos at 555 Amory Street, Jamaica Plain, MA 02130. Thank you!
2. **Food Safety**-As the warm weather returns, it is important to consider food safety. Home delivered meals are intended for immediate consumption. If you are not able to eat it at delivery, please place in the fridge immediately. Also, be mindful of drinking fluids throughout the day to decrease risk of dehydration.
3. **Friday, June 19, 2026** - Ethos is closed for the Juneteenth Holiday. Frozen meals are delivered week of June 15, 2026.
4. **Sunday, June 21, 2026** - Summer Begins and Happy Father's Day!

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

Ethos HDM Caribbean Menu-June 2026

Monday 6/15	Tuesday 6/16		Wednesday 6/17		Thursday 6/18		Friday 6/19		
	Na+		Na+	Holiday Meal	Na+		Na+		
Pork, Peach-Mango Salsa Plantains Carrots Whole Grain Cornbread Orange	100 4 56 180 0	Sancocho w/ Beef & Chicken & Potatoes White Rice Green Beans & Red Peppers Wheat Bread Vanilla Pudding	213 25 21 65 130	Homemade Crispy Chicken Black Eyed Peas Collards & Corn Cornbread Loaf Pound Cake w/ Berries	186 140 40 180 241	Pastelon Beef & Plantains California Blend Vegetables Wheat Roll Cinnamon Apples	277 34 150 2		
Cal:744 Na:475mg	475	Cal:940 Na:589mg	589	Cal:1052 Na:922mg	922	Cal:736 Na:598mg	598		
Monday 6/22	Tuesday 6/23		Wednesday 6/24		Thursday 6/25		Friday 6/26		
	Na+		Na+		Na+		Na+	Na+	
Beef Picadillo Brown Rice & Pigeon Peas Green Peas, Red Peppers Wheat Roll Pear Fruit Cup	153 70 72 65 5	Arroz con Camarones (Shrimp) Yellow Rice California Blend Vegetables Wheat Bread Blueberry Bread	417 25 34 65 250	Creamy Cajun Chicken Mashed Potatoes Mixed Root Vegetables Wheat Roll Banana	240 23 65 150 1	Caribbean Pork Tacos w/ Lime Mexican Rice Carrots Tortilla Wrap Orange	595 70 56 135 1	Haitian Stewed Chicken Drumstick Yucca Broccoli Cornbread Loaf Vanilla Pudding	213 15 38 180 130
Cal:806 Na:500mg	500	Cal:836 Na:926mg	926	Cal:721 Na:614mg	614	Cal:680 Na:1027mg	1027	Cal:868 Na:711mg	711
Monday 6/29	Tuesday 6/30		Happy July 4th!						
	Na+		Na+	<p>-Friday, July 3, 2026: Ethos is closed for the Independence Day Holiday. Frozen meals will be delivered week of June 29,2026.</p> <p>-To cancel a meal, please call 617-477-6606 at least 24 hours in advance to prevent food waste.</p>					
Caribbean Fish Curry Yellow Rice Corn, Peppers Wheat Roll Lemon Square	133 26 21 150 90	Crispy Chicken Mushroom Okra Sauce Roasted Potatoes Brussel Sprouts Wheat Bread Cinnamon Apples	463 85 26 150 3						
Cal:793 Na:555mg	555	Cal:690 Na:862mg	862						

Vitamin D!

- From the Desk of the Ethos Dietitian, Aoife Gilvarry

As we age, we need more vitamin D to protect healthy bones and muscle function. Vitamin D has an important function to help the body absorb calcium. The recommended dietary amount is 600-800 IU daily for older adults. Ways to get more vitamin D are to:

- Drink fortified beverages - milk, soymilk, orange juice
- Eat foods such as fortified cereals, salmon, sardines, eggs and mushrooms
- Be in direct sunlight. Check in with your medical provider about length of time.
- Take a dietary supplement - under the supervision of your medical provider



Happy Pride Month!

-Ethos is marching in the 2026 Boston Pride for the People Parade! If you are interested in joining Ethos in the parade, please reach out to Mackenzie Valencia at 617-477-6937.

-The Annual Pride Luncheon for LGBTQ Seniors and Allies is on June 16, 2026 from 11:30a-2:30p at the Venezia Restaurant. Visit the Ethos website to register at www.ethocare.org/events/

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