

Ethos Caribbean Menu-August 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=85 mg sodium. Menus are subject to change. Note: An asterisk indicates a high sodium item of >500mg.

You must RSVP to reserve a meal. Please see your site coordinator or call 617-477-6688 at least 24 hours in advance.

You must RSVP to attend. Please see your Site Coordinator or call 617-477-6688. A suggested donation of \$2.00 is requested.

Monday 8/3		Tuesday 8/4		Wednesday 8/5		Thursday 8/6		Friday 8/7	
	Na+		Na+		Na+		Na+		Na+
Pork & Bean Stew	146	BBQ Jerk Drumstick	464	Pastelon	277	Frango Assado (Brazilian Chicken)	118	Bistec Encebollado	132
Yellow Rice & Black Eyed Peas	61	Stewed Beans	67	w/ Beef & Plantains	-	Brown Rice & Pigeon Peas	70	(Puerto Rican Steak & Onions)	
Carrots	56	Garden Salad w/ Ranch	115	Broccoli	38	Caesar Salad	385	Yucca	15
Wheat Bread	65	Wheat Roll	150	Whole Grain Cornbread	180	Dinner Roll	100	California Blend Vegetables	34
Shortbread Cookie	150	Pear	2	Banana	1	Vanilla Pudding	130	Hawaiian Roll	80
								Fruit Cup	5
Cal:836 Na:613mg		Cal:862 Na:933mg		Cal:900 Na:631mg		Cal:928 Na:938mg		Cal:814 Na:401mg	
Monday 8/10		Tuesday 8/11		Wednesday 8/12		Thursday 8/13		Friday 8/14	
	Na+		Na+		Na+		Na+		Na+
Arroz con Atume (Tuna)	270	Chorizo Creole Chicken	320	Sancocho w/ Beef,	213	Dominican Style Chicken	151	Pork Linguica w/ Onions	623
Rice & Beans	124	White Rice w/ Lentils	25	Chicken & Potatoes		Yucca	15	Mashed Potatoes	23
Carrots	56	Garden Salad w/ Italian	285	Yellow Rice	26	Spinach Salad w/ Honey Mustard	235	Kale & Corn	11
Wheat Bread	65	Wheat Roll	150	Green Beans & Red Peppers	21	Dinner Roll	100	Wheat Roll	150
Applesauce (comm)	2	Orange	0	Wheat Bread	65	Mandarin Fruit Cup	5	Oatmeal Cookie	90
				Pound Cake w/ Blueberries	240				
Cal:750 Na:652mg		Cal:734 Na:915mg		Cal:1019 Na:700mg		Cal:809 Na:641mg		Cal:774 Na:1032mg	

ANNOUNCEMENTS

Ethos Nutrition Annual Survey: Last month, you should have received our annual meals survey from your Site Coordinator. To all who participated in the Ethos annual meals survey - thank you! Your input is greatly appreciated.

Senior Farmer's Market Coupons: Please use your Senior Farmer's Market Coupons. They expire October 31, 2026.

Free Medicare Insurance Counseling: For assistance with Medicare Part D, Medicaid-MassHealth, SNAP benefits, and more, please contact Ethos Benefits Enrollment Center & SHINE at 617-477-6970.

Labor Day: Ethos' Cafes will be closed on Monday, September 7, 2026 for the Labor Day Holiday.

Nutrition Trivia: True or False: The sugar in milk is called sucrose.

Please notify Ethos of any life threatening food allergies @ 617-477-6688

Ethos Caribbean Menu-August 2026

Monday 8/17		Tuesday 8/18		Wednesday 8/19		Thursday 8/20		Friday 8/21	
	Na+		Na+		Na+		Na+		Na+
Pork w/ Peach-Mango Salsa	60	Lentil Okra Coconut Stew	124	Pollo Guisado (Chicken)	223	Curried Beef	170	Pastel de Tuna	480
Roasted Potatoes	85	White Rice	25	Black Eyed Peas	140	Cilantro Lime Rice	67	Rice and Beans	124
Green Beans & Red Peppers	21	Garden Salad w/ Ranch	115	Green Peas	20	Caprese Salad w/ Balsamic	373	Carrots	56
Whole Grain Cornbread	180	Dinner Roll	100	Wheat Roll	150	Cornbread Loaf	180	Wheat Bread	65
Vanilla Pudding	130	Pears	0	Banana	1	Chocolate Chip Cookie	80	Mandarin Fruit Cup	5
Cal:736 Na:611mg		Cal:789 Na:499mg		Cal:822 Na:669mg		Cal:950 Na:1005mg		Cal:740 Na:865mg	
Monday 8/24		Tuesday 8/25		Wednesday 8/26		Thursday 8/27		Friday 8/28	
	Na+		Na+		Na+		Na+		Na+
Creamy Cajun Chicken	240	Arroz con Camarones	437	Beef Picadillo	153	Pork Verde Tacos w/ Lime	595	Haitian Stewed	213
Mashed Potatoes	23	(Shrimp)		Brown Rice & Pigeon Peas	70	Mexican Rice	70	Chicken Drumstick	
Green Peas w/ Red Peppers	72	Yellow Rice	25	Carrots	56	Garden Salad w/ Ranch	115	Yucca	15
Wheat Roll	150	Spinach Salad w/	235	Wheat Roll	150	Tortilla Wrap	135	Mixed Root Vegetables	65
Chocolate Pudding	135	Honey Mustard		Lemon Square	90	Banana	1	Wheat Bread	65
		Dinner Roll	100					Applesauce (comm)	2
		Orange	1						
Cal:738 Na:755mg		Cal:738 Na:933mg		Cal:771 Na:654mg		Cal:695 Na:1051mg		Cal:768 Na:495mg	
Monday 8/31		Summer 2026 Events: -There are multiple events held at Ethos Cafes during the summer. Please see our website at https://www.ethocare.org/events/ or call 617-477-6688. EBT Card: -The Department of Transitional Assistance (DTA) is implementing chip/tap EBT cards to help protect benefits. The new cards will be automatically mailed to active and certain closed cases. The replacement cards should arrive between July and September, and individuals will receive a notice/text about their card close to when it will be delivered.							
	Na+								
Caribbean Fish Curry	133								
Yellow Rice	26								
Corn w/ Peppers	21								
Wheat Roll	150								
Peach Cup	5								
Cal:703 Na:470mg									

Don't Forget Your Fruits and Veggies! - From the Desk of the Community Dietitian at Ethos

Summer is fantastic when it comes to local produce. All across Massachusetts, farmers and mobile markets are delivering home-grown produce like salad fixings, snap peas, blueberries, watermelon -- and more! Eating local when possible is not only good for overall health, but also for the community and economy. Here are some healthy recipes that taste like summer:

- Fruit-Infused Water: Add 1-2 clean pieces of fruit and a sprig of mint in a glass. Top with iced water.
- Open-Faced Sandwich: Pick a protein (cooked chicken, hummus, tuna) and layer with lettuce and avocado on wheat bread.
- Caprese Salad: Slice mozzarella cheese and fresh tomato. Toss with basil, balsamic vinegar and oil.



Trivia Answer:

False. The sugar is called lactose. Milk is also a great source of calcium, vitamin D, phosphorus, and other vitamins/minerals.

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