

Ethos Caribbean HDM Menu - October 2026



A suggested donation of \$2.00 is requested. Total calories and sodium, including low fat 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. If a day is labeled as **High Sodium**, there is >1200mg in the entire meal.
To cancel a meal, please call 617-477-6606 at least 24 hours in advance.

All HDM Drivers are required to see someone at delivery. No meals will be left without seeing someone at delivery.

Daylight Savings: A friendly reminder that clocks fall back on Sunday, November 1, 2026 for daylight savings.

Food Waste: Ethos kindly asks that 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. Same day cancellations contribute to more food 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. Thank you for supporting our efforts to reduce food waste!

Thursday 10/1					Friday 10/2				
	Na+					Na+			Na+
Cachupa Rica*	697				Bistec Encebollado				
White Rice	25				(Puerto Rican Steak & Onions)				132
Spinach w/ Peppers	65				Yucca				15
Dinner Roll	100				Broccoli				38
Vanilla Pudding	130				Whole Grain Cornbread				180
					Banana				1
Cal:697 Na:1152mg	1152				Cal:953 Na:501mg				501

Monday 10/5		Tuesday 10/6		Wednesday 10/7		Thursday 10/8		Friday 10/9	
	Na+		Na+		Na+	Holiday Meal	Na+		Na+
Arroz con Atume (Tuna)	271	Chorizo Creole Chicken	320	Sancocho w/ Beef & Chicken		Chicken with Sage Cream Sauce	408	Pork Linguica w/ Onions*	623
Rice & Beans	124	White Rice w/ Lentils	25	& Potatoes	213	Butternut Squash Ravioli	166	Yellow Rice	25
Green Beans & Peppers	21	Black Beans, Corn & Peppers	61	Mashed Potatoes	23	Broccoli	38	Vegetable Medley	54
Wheat Bread	65	Dinner Roll	100	Carrots	56	Wheat Roll	150	Wheat Roll	150
Applesauce	2	Orange	0	Cornbread Loaf	180	Apple Crisp	50	Mandarin Fruit Cup	5
				Shortbread Cookie	150				
Cal:755 Na:618mg	618	Cal:761 Na:641mg	641	Cal:948 Na:757mg	757	Cal:898 Na:947mg	947	Cal:858 Na:992mg	992

Announcements!

- 1. Remember Voting Dates & Deadlines!** Voter registration deadline for the General State Election is Saturday, October 24, 2026. For more information, call 311 or visit www.boston.gov/election.
- 2. Storm Packages:** In the Month of November 2026, everyone will receive a storm package containing 2 shelf-stable emergency meals to be used in the event of a snow emergency this winter.
- 3. Free Healthy Rides for Boston's Older Adults:** Age Strong in partnership with Lyft and other organizations are offering free rides to medical appointments, pharmacies, community centers, social activities, support groups, and other wellness services. To book a ride, call 617-635-3000 and say "Healthy Ride". To learn more, visit www.boston.gov/healthy-rides
- 4. Water and Sewage Discounts for Older Adults:** Homeowners who are age 65+ or fully-disabled who live in a 1-4 family residential dwelling are eligible for a discount on their monthly water, sewer, and stormwater charges. Call 617-635-4366 for more information.
- 5. Nutrition Trivia:** Which vitamin is known to help maintain healthy eyesight?

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

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Monday 10/12		Tuesday 10/13		Wednesday 10/14		Thursday 10/15		Friday 10/16	
WE ARE <u>CLOSED</u> INDIGENOUS PEOPLES' DAY/COLUMBUS DAY  Ethos Closed. Frozen Meals Delivered			Na+		Na+		Na+		Na+
		Lentil Okra Coconut Stew	124	Pollo Guisado (Chicken)	223	Curried Beef	170	Pastel de Tuna	481
		White Rice	25	Black Eyed Peas	141	Cilantro Lime Rice	67	Rice and Beans	124
		Stir Fry Vegetables	28	Kale and Peppers	56	Carrots	29	Broccoli	38
		Wheat Roll	150	Wheat Bread	65	Wheat Bread	65	Whole Grain Cornbread	180
		Chocolate Chip Cookie	80	Banana	1	Mandarin Fruit Cup	5	Vanilla Pudding	130
Week of 10/5/26		Cal:778 Na:542mg		542	Cal:821 Na:621mg	621	Cal:754 Na:471mg	471	Cal:855 Na:1088mg

Monday 10/19		Tuesday 10/20		Wednesday 10/21		Thursday 10/22		Friday 10/23	
			Na+		Na+		Na+		Na+
Creamy Cajun Chicken	238	Arroz con Camarones (Shrimp)	437	Beef Picadillo	153	BBQ Jerk Pork	391	Stewed Tomato Chicken Drumstick	213
Mashed Potatoes	16	Yellow Rice	26	Brown Rice & Pigeon Peas	70	Mofungo (Mashed Plantains)	43	Yucca	15
California Blend Vegetables	34	Green Peas	20	Mixed Vegetables	51	Spinach	110	Brussel Sprouts	26
Dinner Roll	100	Wheat Roll	150	Dinner Roll	100	Wheat Bread	65	Wheat Roll	65
Chocolate Pudding	135	Orange	0	Mandarin Fruit Cup	5	Banana	1	Oatmeal Cookie	90
Cal:743 Na:658mg		658	Cal:707 Na:768mg	768	Cal:738 Na:514mg	514	Cal:807 Na:745mg	745	Cal:790 Na:544mg

Monday 10/26		Tuesday 10/27		Wednesday 10/28		Thursday 10/29		Friday 10/30	
			Na+	High Sodium Meal	Na+		Na+		Na+
Caribbean Fish Curry	133	Dominican Style Chicken	150	Pork Verde Tacos w/ Lime*	595	Haitian Stewed Tomato White Fish	264	Pastelon	
Yellow Rice	25	Mashed Potatoes	23	Mexican Rice	70	Mayi Moulén		w/ Beef & Plantains	277
Tuscan Blend Vegetables	26	Carrots	56	Broccoli	38	(Haitian Cornmeal Porridge)	34	California Blend Vegetables	34
Cornbread Loaf	180	Wheat Roll	150	Dinner Roll	135	Green Peas	20	Dinner Roll	100
Peach Cup	5	Pumpkin Bread	250	Pound Cake w/ Blueberries	240	Wheat Roll	150	Banana	1
				Sour Cream Pkt	35	Pears	0		
Cal:757 Na:504mg		504	Cal:850 Na:764mg	764	Cal:792 Na:1248mg	1248	Cal:750 Na:603mg	603	Cal:826 Na:547mg



The Science Behind Soup! - From the Desk of the Community Dietitian at Ethos

We are entering the fall season! You'll see more food options that contain pumpkin, winter squash, carrots, and yams. These items contain Vitamin A and pigments that benefit your vision, immune system, and skin health. They also have antioxidative properties which helps protect our cells. Enjoy some fall produce if you can this season!

Trivia Answer:

Vitamin A is known to help maintain healthy eyesight. Some food sources are carrots, sweet potatoes, red peppers, and mangos.

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