



HDM Menu - October 2020




Monday	Tuesday	Wednesday	Thursday	Friday
<p>To cancel a meal, please call (617) 522-6700 ext. 306 by 9 am the previous day. A suggested donation of \$2.00 is requested. Each meal includes low fat milk and bread.</p> <p>Calories for the total meal (including milk and margarine) are listed for each day. Milligrams of sodium are listed for each ITEM. Any item with more than 500mg is considered a higher sodium item and is identified with an (*) asterisk.</p> <p>Milk= 125mg sodium. Margarine= 30mg sodium.</p> <p>Menu subject to change.</p> <p>Thank you</p>			<p>We are delivering using a no contact procedure. The driver will knock on your door or ring the door bell when they arrive at your home. Please verbally acknowledge the driver, who will then leave the meal on your door handle. A meal will not be left if there is no verbal response.</p>	
<p>This Fall, you can expect to see a variety of vegetables on your plate including root vegetables, leafy greens, and winter squash, which are good sources of fiber, vitamin A, vitamin C, and potassium. There are several ways to prepare these vegetables. You can roast them, mash them, or even add them to your favorite Fall soup!</p> <p>Try out this simple and easy recipe for Butternut Squash Soup:</p> <p>Ingredients:</p> <ul style="list-style-type: none"> • 1 Butternut Squash, peeled, seeded, and diced • 1 Yellow Onion, chopped • 2 tablespoons Unsalted Butter • 4 cups Vegetable or Chicken Stock • Salt and Ground Black Pepper to taste <p>Directions:</p> <ol style="list-style-type: none"> 1. Peel, remove seeds, and dice butternut squash into 1-inch chunks. 2. Melt butter in a large pot, add onion, and cook until translucent. 3. Add butternut squash and stock to pot and simmer for 15-20 minutes. 4. Remove from heat and place into a blender, blending until smooth. Add seasonings to taste and serve. 			<p>1</p> <p>Honey Dijon Pork Loin (190) Lyonnaise Potatoes (264) Broccoli (22) Snack n Loaf Muffin (160) 1% Milk (125), Margarine (35)</p> <p>Cal: 677 Sodium: 774mg</p>	<p>2</p> <p>Salisbury Steak w/ LS Gravy (186) Garlic Mashed Potatoes (33) Brussel Sprouts (14) Wheat Bread (170) Fruit Crunch Bar (80) 1% Milk (125), Margarine (35)</p> <p>Cal: 851 Sodium: 642mg</p>
<p>5</p> <p><i>High Sodium Day</i> Hawaiian Grilled Chicken (558)* over Brown Rice (21) Broccoli (22) Wheat Dinner Roll (338) Vanilla Pudding (130) 1% Milk (125), Margarine (35)</p> <p>Cal: 799 Sodium: 1,229mg</p>	<p>6</p> <p>Grilled Italian Sausage w/ Peppers & Onions (751)* Parsley Potatoes (6) Asparagus (3) Scali Bread (105) Applesauce (14) 1% Milk (125), Margarine (35)</p> <p>Cal: 761 Sodium: 1,039mg</p>	<p>7</p> <p>Oven Fried Chicken Drumstick (450) Cheddar Scallion Mashed Potatoes (203) Spinach (109) Breadstick (130) Fig Bar (35) 1% Milk (125), Margarine (35)</p> <p>Cal: 784 Sodium: 1,087mg</p>	<p>8</p> <p>Beef Stroganoff over Egg Noodles (529)* Green Beans (4) Biscuit (267) Pear (2) 1% Milk (125), Margarine (35)</p> <p>Cal: 1,105 Sodium: 961mg</p>	<p>9</p> <p>Cheese Ravioli w/ Butternut Squash, Lemon Juice, and Parmesan Cheese (424) Green Peas (62) Wheat Dinner Roll (338) Orange (4) 1% Milk (125), Margarine (35)</p> <p>Cal: 727 Sodium: 988mg</p>

Please notify Ethos of any life threatening food allergies @ 617-522-6700 x 306



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12	13	14	15	16
 <p>Happy Columbus Day</p> <p>CLOSED</p>	LS Hot Dog (490) w/ Ketchup (82) & Mustard (55) Baked Beans (140) Cauliflower w/ Red Pepper (13) Hot Dog Roll (190) Raisins (4) 1% Milk (125), Margarine (35) Cal: 706 Sodium: 1,134mg	Grilled Chicken w/ Apple Cider Onion Sauce (363) Pumpkin Risotto (243) Mixed Vegetable (28) Breadstick (130) Blueberry Yogurt Cup (75) 1% Milk (125), Margarine (35) Cal: 786 Sodium: 998mg	Potato Pollock (227) w/ Tartar Sauce (261) Potato Wedges (27) Peas (62) Biscuit (267) Strawberry Cup (0) 1% Milk (125), Margarine (35) Cal: 826 Sodium: 1,086mg	Roasted Turkey w/ LS Gravy (683)* Herb Stuffing (267) Green Bean Almondine (6) Cranberry Sauce (40) Apple (1) 1% Milk (125), Margarine (35) Cal: 1,052 Sodium: 1,123mg
19	20	21	22	23
<p><i>High Sodium Day</i></p> General Tsao's Chicken (618)* 1c. Brown Rice w/ Egg & Peas (77) Broccoli (22) Strawberry Graham Cookie (69) 1% Milk (125) Cal: 829 Sodium: 1,395mg	Hamburger (200) w/ Ketchup (82) & Mustard (55) Potato Puffs (240) Roasted Root Vegetables (33) Hamburger Roll (320) Orange (4) 1% Milk (125), Margarine (35) Cal: 847 Sodium: 1,058mg	Oven Fried Chicken Drumstick (450) Cheddar Scallion Mashed Potatoes (203) Lima Beans (33) Breadstick (130) Fruit Crunch Bar (80) 1% Milk (125), Margarine (35) Cal: 877 Sodium: 1,056mg	Cheese Lasagna w/ Meat Sauce (443) Spinach w/ Garlic (88) Wheat Dinner Roll (338) Applesauce (14) 1% Milk (125), Margarine (35) Cal: 683 Sodium: 1,044mg	Pan Seared Beef w/ Maple Mustard Sauce (472) over Rosemary Rice (44) Roasted Brussel Sprouts (14) Biscuit (267) Pear (2) 1% Milk (125), Margarine (35) Cal: 727 Sodium: 959mg
26	27	28	29	30
Broccoli & Cheese Stuffed Chicken w/ Cream Sauce (502)* Sweet Potatoes (267) Green Beans (4) Cranberry Orange Muffin (190) 1% Milk (125), Margarine (35) Cal: 864 Sodium: 1,087mg	Swedish Meatballs w/ Egg Noddle's (367) Asparagus (3) Wheat Dinner Roll (338) Fresh Apple (1) 1% Milk (125), Margarine (35) Cal: 849 Sodium: 870mg	Chicken Pot Pie w/ LS Gravy (321) Mashed Potatoes (48) Buttered Corn (45) Biscuit (267) Raisins (4) 1% Milk (125), Margarine (35) Cal: 841 Sodium: 846mg	Cod Fillet w/ Lemon Butter Topping (196) Rice Pilaf (75) Broccoli (22) Wheat Bread (170) Apple Oatmeal Bar (90) 1% Milk (125), Margarine (35) Cal: 687 Sodium: 700mg	Stuffed Shells w/ Meat Sauce (493) Italian Blend Vegetables (37) Wheat Dinner Roll (338) Orange (4) 1% Milk (125), Margarine (35) Cal: 745 Sodium: 1,033mg

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