



Vegetarian Menu- February 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<p>To cancel a meal please call (617) 522-6700 ext. 306 by 9am 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. All nutrition information was provided by City Fresh foods.</p> <p>Milk= 125mg sodium. Margarine= 35 mg sodium.</p> <p>Menu subject to change.</p> <p>Thank you</p>				<p style="color: red; text-align: center;">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>
1	2	3	4	5
3 Beans & Artichokes in Balsamic (243) Rice Pilaf (29) Kale & Peppers (12) Scali Bread (175) Chocolate Pudding (120) 1% Milk (125) Margarine (35) Cal: 834 Sodium: 734 mg	Vegetarian Chop Suey with Parmesan Cheese (497) Whole Grain Pasta (0) Brussels Sprouts (15) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 695 Sodium: 852 mg	Vegetarian Pot Pie (196) Buttermilk Biscuit (410) Green Beans with Peppers (0) Scali Bread (175) Fruit (0) 1% Milk (125) Margarine (35) Cal: 815 Sodium: 936 mg	General Tso's Tofu (401) White Rice (25) Carrots (24) Wheat bread (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 689 Sodium: 785 mg	Cheesy BBQ Beans with Onions & Peppers (710)* Orzo (0) Broccoli (0) Wheat Roll (180) Snack Loaf (150) 1% Milk (125) Margarine (35) Cal: 893 Sodium: 1195 mg
8	9	10	11	12
Vegetarian Shepard's Pie (162) Mashed Potatoes (32) Green Beans with Peppers (0) Wheat Roll (180) Vanilla Pudding (115) 1% Milk (125) Margarine (35) Cal: 719 Sodium: 644 mg	Garbanzo Beans in Tomato-Caper Sauce with Parmesan Cheese (586)* Whole Grain Pasta (0) Broccoli (0) Scali Bread (175) Fruit (0) 1% Milk (125) Margarine (35) Cal: 708 Sodium: 916 mg	Three Bean Chili (397) Corn Bread Loaf (160) Kale & Corn (12) Fruit (0) 1% Milk (125) Margarine (35) Cal: 759 Sodium: 724 mg	<p style="text-align: center; color: magenta;">Holiday Meal</p> BBQ Chickpeas (478) Sweet Potatoes (39) Brussels Sprouts (15) Scali Bread (175) Carrot Cake (200) 1% Milk (125) Margarine (35) Cal: 840 Sodium: 1067 mg	Maple Glazed Braised Chickpeas (159) Rice Pilaf (29) Carrots (24) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 738 Sodium: 547 mg

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



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15	16	17	18	19	
<p>CLOSED</p> 	Egg Roll Skillet with Tofu (338) White Rice (25) Kale & Corn (12) Scali Bread (175) Chocolate Pudding (120) 1% Milk (125) Margarine (35) Cal: 766 Sodium: 825 mg	<p>High Sodium Meal</p>	Falafel with Tzatziki Dipping Sauce (823)* Tater Tots (230) Green Beans with Peppers (0) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 901 Sodium: 1388 mg	Honey Garlic Tofu (84) Mashed Potatoes (32) Carrots (24) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 688 Sodium: 475 mg	Cheese Ravioli with Wild Assorted Mushrooms (431) in Tomato Spinach Cream Sauce (153) Broccoli (0) Wheat Roll (180) Double Chocolate Brownie (90) 1% Milk (125) Margarine (35) Cal: 715 Sodium: 1009 mg
22	23	24	25	26	
Braised Beans & Vegan Chorizo with Vegetables (694)* Mashed Potatoes (32) Green Beans with Peppers (0) Scali Bread (175) Vanilla Pudding (115) 1% Milk (125) Margarine (35) Cal: 747 Sodium: 1171 mg	Stir Fry Tofu & Vegetable (355) Egg Noodles (12) Mixed Vegetables (18) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 707 Sodium: 720 mg	<p>High Sodium Meal</p>	Zucchini Fritters with Florentine Sauce (273) Rice Pilaf (29) Kale with Peppers (12) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 763 Sodium: 649 mg	Cheese Enchiladas with Black Olive Enchilada Sauce (932)* White Rice (25) Black Beans & Corn (70) Sour Cream (20) Fruit (0) 1% Milk (125) Margarine (35) Cal: 1047 Sodium: 1202 mg	
<p>February is National Heart Month, which is a time we should reflect on the importance of heart health. Here are a few nutrition tips to get started on a heart healthy diet.</p> <ul style="list-style-type: none"> -Limit sodium to less than 2,000 mg per day and less than 12 grams of saturated fats* This might need to limit more if you have certain medical conditions. -Aim to reduce trans fats in your diet- Look for partially hydrogenated oils in the ingredients. -Increase whole grains to help with adding more fiber to your diet. -Include more healthy fats, such as olive oil, nuts, fish, and avocados into your diet. Aim for fish or seafood twice a week. 			<p>In January everyone received a storm package, which includes emergency meals for you to store in the event of a snow emergency this winter, if you did not receive one please call 617-477-6606</p>		
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