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.

March is National Nutrition Month! National Nutrition Month is a yearly nutrition education campaign to help focus on the importance of making informed choices and developing healthy eating and physical activity habits. This year’s theme is “Personalize Your Plate.” The theme helps remind us that food and activity habits are not “one size fits all,” they should be able to be conformed based on age, physical ability, cultural beliefs, and economical capacity. When being provided nutrition or exercise tips remember to adjust to what fits best in your life to help make long term changes; the more adaptable it is to your life the easier and more sustainable it will be. Those who are providing the education, for example a fitness instructor or dietitian, are there and willing to help make modifications to a plan so you can be successful.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
</table>

**Grilled Chicken with Peppers & Onions in Mild Fajita Sauce (552)**
Over Spanish Yellow Rice (10)
Mixed Vegetables (28)
Wheat Bread (170)
Fresh Apple (1)
1% Milk (125) Margarine (35)
Cal: 775  Sodium: 921mg

1. **Grilled Chicken with Peppers & Onions in Mild Fajita Sauce (552)**
   - Swedish Meatballs (209)
   - Green Beans (4)
   - Wheat Dinner Roll (338)
   - Fresh Orange (4)
   - 1% Milk (125) Margarine (35)
   - Cal: 890  Sodium: 872mg

2. **Broccoli & Cheese Stuffed Chicken (410)**

3. **Shepard's Cottage Pie with Low Sodium Gravy, Ground Beef, & Veggies (458)**
   - Sweet Potatoes (55)
   - Mixed Vegetables (28)
   - Cranberry Orange Muffin (120)
   - 1% Milk (125) Margarine (35)
   - Cal: 704  Sodium: 772mg

4. **Vegetable Lasagna (504)**
   - Green Peas (62)
   - Dinner Roll (300)
   - Butterscotch Pudding (140)
   - 1% Milk (125) Margarine (35)
   - Cal: 683  Sodium: 1166mg

5. **Teriyaki Grilled Chicken (515)**
   - over Asian Brown Rice
   - with Egg & Peas (77)
   - Asian Blend Vegetables (36)
   - Dry Noodles (260)
   - Fresh Orange (4)
   - 1% Milk (125) Margarine (35)
   - Cal: 815  Sodium: 1025mg

6. **Spaghetti & Meatballs (129)**
   - with Tomato Sauce (134)
   - Italian Green Beans (4)
   - Wheat Dinner Roll (338)
   - Fresh Pear (2)
   - 1% Milk (125) Margarine (35)
   - Cal: 710  Sodium: 766mg

7. **Open Faced Turkey Sandwich with Low Sodium Gravy (757)**
   - Garlic Mashed Potatoes (33)
   - Green Peas & Pearl Onions (34)
   - Wheat Bread (170)
   - Fresh Apple (1)
   - 1% Milk (125) Margarine (35)
   - Cal: 847  Sodium: 1156mg

8. **BBQ Pork Rib Pattie (410)**
   - Potato Au Gratin (81)
   - California Blend Vegetables (27)
   - Biscuit (267)
   - Fruit Crunch Bar (80)
   - 1% Milk (125) Margarine (35)
   - Cal: 815  Sodium: 1025mg

9. **Spaghetti & Meatballs (129)**
   - with Tomato Sauce (134)
   - Italian Green Beans (4)
   - Wheat Dinner Roll (338)
   - Fresh Pear (2)
   - 1% Milk (125) Margarine (35)
   - Cal: 710  Sodium: 766mg

10. **Open Faced Turkey Sandwich with Low Sodium Gravy (757)**
    - Garlic Mashed Potatoes (33)
    - Green Peas & Pearl Onions (34)
    - Wheat Bread (170)
    - Fresh Apple (1)
    - 1% Milk (125) Margarine (35)
    - Cal: 847  Sodium: 1156mg

11. **Teriyaki Grilled Chicken (515)**
    - over Asian Brown Rice
    - with Egg & Peas (77)
    - Asian Blend Vegetables (36)
    - Dry Noodles (260)
    - Fresh Orange (4)
    - 1% Milk (125) Margarine (35)
    - Cal: 710  Sodium: 1051mg

12. **Cod Filet with Lemon Butter Crumb Topping & Lemon Wedge (177)**
    - Rice Pilaf (30)
    - Broccoli (22)
    - Dinner Roll (300)
    - Apple Oatmeal Bar (90)
    - 1% Milk (125) Margarine (35)
    - Cal: 759  Sodium: 779mg

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

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.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
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<tr>
<td>Country Fried Chicken Drumstick with Low Sodium Gravy (524)*</td>
<td>Beef &amp; Lentil Chili (325) over Half Baked Potatoes (144)</td>
<td>High Sodium Meal</td>
<td>Salisbury Steak with Low Sodium Gravy (187)</td>
<td>Baked Macaroni &amp; Cheese (458)</td>
</tr>
<tr>
<td>Asparagus (3)</td>
<td>Fresh Apple (1)</td>
<td>Wheat Bread (170)</td>
<td>Dinner Roll (300)</td>
<td>Biscuit (267)</td>
</tr>
<tr>
<td>Breadstick (130)</td>
<td>1% Milk (125) Margarine (35)</td>
<td>Lime Gelatin with Fruit Cocktail (90)</td>
<td>Raisins (4)</td>
<td>Blueberry Yogurt (75)</td>
</tr>
<tr>
<td>Fresh Pear (2)</td>
<td>Cal: 759 Sodium: 979 mg</td>
<td>1% Milk (125) Margarine (35)</td>
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<td>1% Milk (125) Margarine (35)</td>
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<tr>
<td>1% Milk (125) Margarine (35)</td>
<td>Cal: 773 Sodium: 1086 mg</td>
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<td>Cal: 754 Sodium: 697 mg</td>
<td>Cal: 705 Sodium: 982 mg</td>
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<tr>
<td>Grilled Italian Sausage with Peppers &amp; Onions (751)*</td>
<td>Hawaiian Grilled Chicken (558)* over Tropical Brown Rice (249)</td>
<td>High Sodium Meal</td>
<td>Pork Roast with Gravy (151)</td>
<td>Mini Cheese Ravioli with Tomato Sauce, and Parmesan Cheese (396)</td>
</tr>
<tr>
<td>Parsley Potatoes (6)</td>
<td>Broccoli (22) Wheat Dinner Roll (338)</td>
<td>Cordon Royale Stuffed Chicken with Cream Sauce (610)* O’Brien Potatoes (25)</td>
<td>Sweet Potatoes (55) Peas (62)</td>
<td></td>
</tr>
<tr>
<td>Scala Bread (105)</td>
<td>Vanilla Pudding (130)</td>
<td>Biscuit (267)</td>
<td>Applesauce Cup (14)</td>
<td>Wheat Roll (338)</td>
</tr>
<tr>
<td>Strawberry Cup (0)</td>
<td>1% Milk (125) Margarine (35)</td>
<td>Fresh Orange (4)</td>
<td>1% Milk (125) Margarine (35)</td>
<td>Fig Bar (35)</td>
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<tr>
<td></td>
<td></td>
<td>Cal: 907 Sodium: 1457 mg</td>
<td>Cal: 821 Sodium: 1120 mg</td>
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<tr>
<td>29</td>
<td>30</td>
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<tr>
<td>Low Sodium Hot Dog (490)</td>
<td>Caprese Chicken Pasta (179) Asparagus (3)</td>
<td>Hamburger with Bun (520)*</td>
<td>Sweet Potato Wedges (267) Mixed Vegetables (28)</td>
<td>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. Milk= 125mg sodium. Margarine= 35 mg sodium. Menu subject to change. Thank you. From the desk of Mary Lonzo, Ethos Community Dietitian</td>
</tr>
<tr>
<td>Hot Dog Bun (190)</td>
<td>Wheat Dinner Roll (338)</td>
<td>Sweet Potato Wedges (267)</td>
<td>Wheat Bread (170)</td>
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</tr>
<tr>
<td>Mustard (55) &amp; Ketchup (82)</td>
<td>Fig Bar (35) 1% Milk (125) Margarine (35)</td>
<td>Mixed Vegetables (28)</td>
<td>Applesauce Cup (14)</td>
<td></td>
</tr>
<tr>
<td>New England Baked Beans (140)</td>
<td>Cauliflower with Diced Peppers (13)</td>
<td>Wheat Bread (170)</td>
<td>1% Milk (125) Margarine (35)</td>
<td></td>
</tr>
<tr>
<td>1% Milk (125) Margarine (35)</td>
<td>Cal: 706 Sodium: 1134 mg</td>
<td>1% Milk (125) Margarine (35)</td>
<td>Cal: 864 Sodium: 1159 mg</td>
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</tr>
<tr>
<td>Raisins (4)</td>
<td>Cal: 943 Sodium: 715 mg</td>
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<tr>
<td></td>
<td></td>
<td>Cal: 706 Sodium: 1134 mg</td>
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