



HDM Menu- March 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>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 off 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.</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
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	Swedish Meatballs (209) over Egg Noodles (157) Green Beans (4) Wheat Dinner Roll (338) Fresh Orange (4) 1% Milk (125) Margarine (35) Cal: 890 Sodium: 872 mg	Broccoli & Cheese Stuffed Chicken (410) Sweet Potatoes (55) Mixed Vegetables (28) Cranberry Orange Muffin (120) 1% Milk (125) Margarine (35) Cal: 704 Sodium: 772 mg	Shepard's Cottage Pie with Low Sodium Gravy, Ground Beef, & Veggies (458) Whipped Potatoes (48) Buttered Carrot Coins (97) Biscuit (267) Strawberry Cup (0) 1% Milk (125) Margarine (35) Cal: 787 Sodium: 1030 mg	Vegetable Lasagna (504)* Green Peas (62) Dinner Roll (300) Butterscoth Pudding (140) 1% Milk (125) Margarine (35) Cal: 683 Sodium: 1166 mg
8	9	10	11	12
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: 1025 mg	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: 759 Sodium: 1051mg	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: 766 mg	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: 1156 mg	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: 779 mg

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



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Monday	Tuesday	Wednesday	Thursday	Friday
15	16	High Sodium Meal 17	18	19
Country Fried Chicken Drumstick with Low Sodium Gravy (524)* Sweet Potato Wedges (267) Asparagus (3) Breadstick (130) Fresh Pear (2) 1% Milk (125) Margarine (35) Cal: 773 Sodium: 1086 mg	Beef & Lentil Chili (325) over Half Baked Potatoes (144) Winter Blend Vegetables (11) Wheat Dinner Roll (338) Fresh Apple (1) 1% Milk (125) Margarine (35) Cal: 759 Sodium: 979 mg	St. Patrick's Day Corned Beef & Cabbage Dinner with Boiled Potatoes & Carrots (1061)* Wheat Bread (170) Lime Gelatin with Fruit Cocktail (90) 1% Milk (125) Margarine (35) Cal: 695 Sodium: 1481 mg	Salisbury Steak with Low Sodium Gravy (187) Garlic Mashed Potatoes (33) Brussels Sprouts (14) Dinner Roll (300) Raisins (4) 1% Milk (125) Margarine (35) Cal: 754 Sodium: 697 mg	Baked Macaroni & Cheese (458) Broccoli (22) Biscuit (267) Blueberry Yogurt (75) 1% Milk (125) Margarine (35) Cal: 705 Sodium: 982 mg
22	High Sodium Meal 23	24	25	26
Grilled Italian Sausage with Peppers & Onions (751)* Parsley Potatoes (6) Asparagus (3) Scala Bread (105) Strawberry Cup (0) 1% Milk (125) Margarine (35) Cal: 804 Sodium: 1025 mg	Hawaiian Grilled Chicken (558)* over Tropical Brown Rice (249) Broccoli (22) Wheat Dinner Roll (338) Vanilla Pudding (130) 1% Milk (125) Margarine (35) Cal: 907 Sodium: 1457 mg	Cordon Royale Stuffed Chicken with Cream Sauce (610)* O'Brien Potatoes (25) Carrot Coins (55) Biscuit (267) Fresh Orange (4) 1% Milk (125) Margarine (35) Cal: 821 Sodium: 1120 mg	Pork Roast with Gravy (151) Sweet Potatoes (55) Peas (62) Wheat Roll (338) Applesauce Cup (14) 1% Milk (125) Margarine (35) Cal: 781 Sodium: 780 mg	Mini Cheese Ravioli with Tomato Sauce, and Parmesan Cheese (396) Green Beans (4) Wheat Roll (338) Fig Bar (35) 1% Milk (125) Margarine (35) Cal: 755 Sodium: 932 mg
29	30	31		
Low Sodium Hot Dog (490) Hot Dog Bun (190) Mustard (55) & Ketchup (82) New England Baked Beans (140) Cauliflower with Diced Peppers (13) 1% Milk (125) Margarine (35) Raisins (4) Cal: 706 Sodium: 1134 mg	Caprese Chicken Pasta (179) Asparagus (3) Wheat Dinner Roll (338) Fig Bar (35) 1% Milk (125) Margarine (35) Cal: 943 Sodium: 715 mg	Hamburger with Bun (520)* Sweet Potato Wedges (267) Mixed Vegetables (28) Wheat Bread (170) Applesauce Cup (14) 1% Milk (125) Margarine (35) Cal: 864 Sodium: 1159 mg	<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= 35 mg sodium.</p> <p>Menu subject to change.</p> <p>Thank you.</p> <p><i>From the desk of Mary Lonzo, Ethos Community Dietitian</i></p>	

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