



Traditional 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>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
<p>Whole Grain Stuffed Shells (380) with Beef Bolognese (171) Broccoli (0) Wheat Roll (180) Vanilla Pudding (115) 1% Milk (125) Margarine (35) Cal: 758 Sodium: 1001 mg</p>	<p>Chicken Anna Maria (438) Egg Noodles (12) Green Beans with Peppers (0) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 754 Sodium: 785 mg</p>	<p>Black Eyed Pea Stew with Turkey Ham (570)* Roasted Potatoes (79) Collard Greens (65) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 702 Sodium: 1049 mg</p>	<p>Pot Roast with Gravy (546)* Mashed Potatoes (32) Carrots (24) Scali Bread (175) Snack Loaf (150) 1% Milk (125) Margarine (35) Cal: 706 Sodium: 1082 mg</p>	<p>Herb Crusted Cod (136) Rice Pilaf (29) California Blend Vegetables (15) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 719 Sodium: 515 mg</p>
8	9	10	11	12
<p>Mongolian Beef (643)* White Rice (25) Brussels Sprouts (15) Wheat Roll (180) Chocolate Pudding (120) 1% Milk (125) Margarine (35) Cal: 743 Sodium: 1138 mg</p>	<p>BBQ Chicken (423) Roasted Sweet Potatoes (78) Beets & Greens (70) Whole Grain Cornbread (90) Fruit (0) 1% Milk (125) Margarine (35) Cal: 738 Sodium: 816 mg</p>	<p>Cheesy Chicken Meatball Pasta Bake (547)* Whole Grain Pasta (0) Broccoli (0) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 690 Sodium: 882 mg</p>	<p>Unstuffed Roasted Pepper Bowl (638)* with Ground Chicken & Rice (25) Vegetable Medley (18) Scali Bread (175) Fruit (0) 1% Milk (125) Margarine (35) Cal: 821 Sodium: 1011 mg</p>	<p>Lemon Rosemary Scallops (96) Whole Grain Cheese Ravioli (360) Kale (12) Wheat Roll (180) Shortbread Cookies (150) 1% Milk (125) Margarine (35) Cal: 720 Sodium: 953 mg</p>

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



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15	16	St. Patrick's Day 17	18	19
Turkey Breast with Gravy (503)* Egg Noodles (12) Green Beans with Peppers (0) Wheat Roll (180) Vanilla Pudding (115) 1% Milk (125) Margarine (35) Cal: 710 Sodium: 965 mg	Pork Chop in Plum Sauce (81) Couscous (29) Broccoli (0) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 1008 Sodium: 445 mg	Corned Beef with Cabbage (630)* Garlic Mashed Potatoes (32) Carrots (24) Whole Grain Cornbread (90) Holiday Cookie (90) 1% Milk (125) Margarine (35) Cal: 890 Sodium: 1021 mg	Stuffed Broccoli Cheddar Chicken (670)* Sweet Rice (25) California Blend Vegetables (15) Scali Bread (175) Fruit (0) 1% Milk (125) Margarine (35) Cal: 770 Sodium: 1040 mg	Teriyaki Salmon (406) Brown Rice (83) Peas & Corn (0) Wheat Roll (180) Warm Pineapples (0) 1% Milk (125) Margarine (35) Cal: 702 Sodium: 824mg
22	High Sodium Day 23	24	High Sodium Day 25	26
Tuscan Chicken (424) Garlic Mashed Potatoes (29) Braised Tomatoes & White Beans (123) Scali Bread (175) Chocolate Pudding (120) 1% Milk (125) Margarine (35) Cal: 755 Sodium: 1026 mg	Turkey Hot Dog (520)* Wheat Hot Dog Bun (330) Ketchup (85) Baked Beans (140) Broccoli (0) Fruit (0) 1% Milk (125) Margarine (35) Cal: 705 Sodium: 1200 mg	Whole Grain Vegetable Lasagna (370) Beef Bolognese (128) Green Beans with Peppers (0) Wheat Roll (180) Mini Cheesecake (330) 1% Milk (125) Margarine (35) Cal: 853 Sodium: 1163 mg	Baked Turkey Ham with Raisin Sauce (817)* Mashed Potatoes (32) Carrots (24) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 761 Sodium: 1208 mg	Thai Curry Shrimp (318) White Rice (25) Green Peas (0) Wheat Roll (180) Tropical Fruit Mix (0) 1% Milk (125) Margarine (35) Cal: 708 Sodium: 678 mg
29	30	31		
Salisbury Steak with Gravy (463) Mashed Potatoes (32) Corn with Peppers (0) Wheat Roll (180) Vanilla Pudding (115) 1% Milk (125) Margarine (35) Cal: 704 Sodium: 945 mg	Florentine Fish (397) Polenta (30) Broccoli (0) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 718 Sodium: 762 mg	Beef Meatloaf with Gravy (170) Stuffed Baked Potato (310) Brussels Sprouts (15) Scali Bread (175) Fruit (0) 1% Milk (125) Margarine (35) Cal: 760 Sodium: 825 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. 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>	

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