



Vegetarian 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
Whole Grain Stuffed Shells (380) with Lentil Bolognese (241) Broccoli (0) Wheat Roll (180) Vanilla Pudding (115) 1% Milk (125) Margarine (35) Cal: 703 Sodium: 1071 mg	Tofu Anna Maria (161) Egg Noodles (12) Green Beans with Peppers (0) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 730 Sodium: 508 mg	Black Eyed Pea Stew with Beans (143) Roasted Potatoes (79) Collard Greens (65) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 726 Sodium: 622 mg	Vegetarian Sausage with Vegetables & Gravy (652)* Mashed Potatoes (32) Carrots (24) Scali Bread (175) Snack Loaf (150) 1% Milk (125) Margarine (35) Cal: 706 Sodium: 1188 mg	Lemon Herb Tofu (129) Rice Pilaf (29) California Blend Vegetables (15) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 725 Sodium: 508 mg
8	9	10	11	12
Mongolian Tofu (607)* White Rice (25) Brussels Sprouts (15) Wheat Roll (180) Chocolate Pudding (120) 1% Milk (125) Margarine (35) Cal: 771 Sodium: 1102 mg	BBQ Chickpeas (478) Roasted Sweet Potatoes (78) Beets & Greens (70) Whole Grain Cornbread (90) Fruit (0) 1% Milk (125) Margarine (35) Cal: 706 Sodium: 871 mg	Cheesy Vegetarian Meatball Pasta Bake (552)* Whole Grain Pasta (0) Broccoli (0) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 728 Sodium: 887 mg	Unstuffed Roasted Pepper Bowl (623)* with Lentils & Rice (25) Vegetable Medley (18) Scali Bread (175) Fruit (0) 1% Milk (125) Margarine (35) Cal: 843 Sodium: 996 mg	Lemon Rosemary Vegan Chick'n Cutlet (293) Whole Grain Cheese Ravioli (360) Kale (12) Wheat Roll (180) Shortbread Cookies (150) 1% Milk (125) Margarine (35) Cal: 803 Sodium: 1150 mg

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Monday	Tuesday	Wednesday	Thursday	Friday
15	16	St. Patrick's Day 17	18	19
Roasted Tofu with Gravy (99) Egg Noodles (12) Green Beans with Peppers (0) Wheat Roll (180) Vanilla Pudding (115) 1% Milk (125) Margarine (35) Cal: 760 Sodium: 561 mg	Chickpeas with Plum Sauce (135) Couscous (29) Broccoli (0) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 788 Sodium: 499 mg	Veggie Sausage with Cabbage (529)* Garlic Mashed Potatoes (32) Carrots (24) Whole Grain Cornbread (90) Holiday Cookie (90) 1% Milk (125) Margarine (35) Cal: 768 Sodium: 920 mg	Falafel with Tzatziki Dipping Sauce (751)* Sweet Rice (25) California Blend Vegetables (15) Scali Bread (175) Fruit (0) 1% Milk (125) Margarine (35) Cal: 836 Sodium: 1111 mg	Teriyaki Tofu (580)* Brown Rice (83) Peas & Corn (0) Wheat Roll (180) Warm Pineapples (0) 1% Milk (125) Margarine (35) Cal: 692 Sodium: 998mg
22	23	High Sodium Day 24	High Sodium Day 25	26
Tuscan Veggie Fritters (386) Garlic Mashed Potatoes (29) Braised Tomatoes & White Beans (123) Scali Bread (175) Chocolate Pudding (120) 1% Milk (125) Margarine (35) Cal: 943 Sodium: 991 mg	Veggie Hot Dog (500)* Wheat Hot Dog Bun (330) Ketchup (85) Baked Beans (140) Broccoli (0) Fruit (0) 1% Milk (125) Margarine (35) Cal: 755 Sodium: 1180 mg	Whole Grain Vegetable Lasagna (370) with Lentil Bolognese (241) Green Beans with Peppers (0) Wheat Roll (180) Mini Cheesecake (330) 1% Milk (125) Margarine (35) Cal: 833 Sodium: 1276 mg	Baked Veggie Sausage with Raisin Sauce (539)* Mashed Potatoes (32) Carrots (24) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 720 Sodium: 930mg	Thai Curry Tofu (142) White Rice (25) Green Peas (0) Wheat Roll (180) Tropical Fruit Mix (0) 1% Milk (125) Margarine (35) Cal: 703 Sodium: 502 mg
29	30	High Sodium Day 31		
Braised Garbanzo Beans & Veggies with Gravy (216) Mashed Potatoes (32) Corn with Peppers (0) Wheat Roll (180) Vanilla Pudding (115) 1% Milk (125) Margarine (35) Cal: 699 Sodium: 698 mg	White Bean Florentine (483) Polenta (30) Broccoli (0) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 699 Sodium: 847 mg	Vegetarian Meatloaf with Gravy (550)* Stuffed Baked Potato (310) Brussels Sprouts (15) Scali Bread (175) Fruit (0) 1% Milk (125) Margarine (35) Cal: 697 Sodium: 1205 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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