



HDM Menu- April 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. 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.</p> <p>Menu subject to change.</p> <p>Thank you.</p>			<p style="text-align: right;">1</p> <p>Turkey Brunswick Stew (468) Buttered Brussels Sprouts (14) Biscuit (267) Fresh Orange (4) 1% Milk (125) Margarine (35)</p> <p>Cal: 818 Sodium: 913 mg</p>	<p style="text-align: right;">2</p> <p>Cod Filet with Lemon Butter Crumb Topping & Lemon Wedge (177) Rice Pilaf (30) Broccoli (22) Wheat Bread (170) Fruit Crunch Bar (80) 1% Milk (125) Margarine (35)</p> <p>Cal: 829 Sodium: 639 mg</p>
5	6	High Sodium Meal	7	8
<p>Country Fried Chicken Drumstick (505)* Sweet Potato Puffs (267) Lima Beans (33) Breadstick (130) Fresh Granny Smith Apple (1) 1% Milk (125) Margarine (35)</p> <p>Cal: 834 Sodium: 1097 mg</p>	<p>Meatloaf with Low Sodium Gravy (240) Whipped Potatoes (48) Chuck Wagon Corn (1) Wheat Bread (170) Fresh Pear (2) 1% Milk (125) Margarine (35)</p> <p>Cal: 739 Sodium: 621 mg</p>	<p>Whole Grain Breaded Chicken Parmesan Filet with Tomato Sauce & Mozzarella Cheese (768)* over Bowtie Pasta (1) Italian Blend Vegetables (37) Dinner Roll (300) Vanilla Pudding Cup (130) 1% Milk (125) Margarine (35)</p> <p>Cal: 892 Sodium: 1396 mg</p>	<p>Cheese Tortellini (530)* with Spinach Cream Sauce (119) Steamed Broccoli (22) Biscuit (267) Fresh Orange (4) 1% Milk (125) Margarine (35)</p> <p>Cal: 744 Sodium: 1102 mg</p>	<p>Spring Vegetable Beef Stew (480) over White Rice (2) Asparagus (3) Wheat Dinner Roll (338) Fruit Crunch Bar (80) 1% Milk (125) Margarine (35)</p> <p>Cal: 1094 Sodium: 1064 mg</p>
12	13	14	15	16
<p>Grilled Chicken with Peppers & Onions in Mild Fajita Sauce (552)* over Spanish Yellow Rice (10) Mixed Vegetables (28) Dinner Roll (300) Fresh Apple (1) 1% Milk (125) Margarine (35)</p> <p>Cal: 845 Sodium: 1051 mg</p>	<p>Swedish Meatballs (209) over Egg Noodles (157) Green Beans (4) Wheat Dinner Roll (338) Fresh Orange (4) 1% Milk (125) Margarine (35)</p> <p>Cal: 890 Sodium: 872 mg</p>	<p>Broccoli & Cheese Stuffed Chicken (410) Sweet Potatoes (55) Steamed Cauliflower with Diced Red Peppers (13) Corn Muffin (279) 1% Milk (125) Margarine (35)</p> <p>Cal: 690 Sodium: 916 mg</p>	<p>Shepard's Cottage Pie with Low Sodium Gravy, Ground Beef, & Veggies (458) Whipped Potatoes (48) Buttered Carrot Coins (97) Biscuit (267) Raisins (4) 1% Milk (125) Margarine (35)</p> <p>Cal: 810 Sodium: 1034 mg</p>	<p>Baked Macaroni & Cheese with Crumb Topping (458) Green Peas (62) Dinner Roll (300) Chocolate Pudding Cup (151) 1% Milk (125) Margarine (35)</p> <p>Cal: 861 Sodium: 1131 mg</p>

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



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Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday High Sodium Meal 23
<p style="text-align: center;">CLOSED</p>  <p style="text-align: center;">PATRIOTS DAY</p>	<p>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: 1051 mg</p>	<p>Spaghetti & Meatballs (129) with Tomato Sauce (134) Italian Green Beans (4) Wheat Dinner Roll (338) Fresh Apple (1) 1% Milk (125) Margarine (35) Cal: 692 Sodium: 766 mg</p>	<p>Open Faced Turkey Sandwich with Low Sodium Gravy (757)* Garlic Mashed Potatoes (33) Green Peas & Pearl Onions (34) Wheat Bread (170) Fresh Pear (2) 1% Milk (125) Margarine (35) Cal: 865 Sodium: 1156 mg</p>	<p>Potato Crunch Pollock Fillet (227) Tartar Sauce (261) Potato Wedges (267) Lemon Garlic Kale (21) Dinner Roll (300) Strawberry Oatmeal Bar (90) 1% Milk (125) Margarine (35) Cal: 897 Sodium: 1326 mg</p>
<p>Salisbury Steak with Low Sodium Gravy (187) Parsley Potatoes (6) Brussels Sprouts (14) Breadstick (130) Fresh Pear (2) 1% Milk (125) Margarine (35) Cal: 868 Sodium: 498 mg</p>	<p>Beef & Lentil Chili (325) over half a Baked Potato (144) California Blend Vegetables (11) Wheat Dinner Roll (338) Fresh Apple (1) 1% Milk (125) Margarine (35) Cal: 759 Sodium: 979 mg</p>	<p>Cordon Royale Stuffed Chicken with Cream Sauce (610)* Asparagus (3) Rice (2) Wheat Dinner Roll (338) Blueberry Yogurt Cup (75) 1% Milk (125) Margarine (35) Cal: 943 Sodium: 1189 mg</p>	<p>Roasted Pork Loin with Low Sodium Gravy (151) Lyonnais Potato (264) Broccoli (22) Dinner Roll (300) Applesauce Cup (14) 1% Milk (125) Margarine (35) Cal: 723 Sodium: 910 mg</p>	<p>Rigatoni Bolognese (266) Roasted Whole Baby Carrots (55) Biscuit (267) Fresh Orange (4) 1% Milk (125) Margarine (35) Cal: 819 Sodium: 752 mg</p>
<p>To prevent food-borne illness, it is important that your meals are reheated to the proper temperature to kill bacteria. If you don't plan on eating the hot home delivered meals immediately, refrigerate them until you're ready to eat and be sure that it isn't sitting at room temperature for longer than 2 hours. When ready, reheat your meal to an internal temperature of 165°F or until steaming hot.</p> <p><i>From the desk of Mary Lonzo, Ethos Community Dietitian</i></p>			<p>Dear Participant: You will be receiving a copy of the 2021 Satisfaction Surveys from Ethos. In order to provide a high quality service, we ask you to complete the anonymous and confidential survey by 4/16/2021</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>
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