



## HDM Menu- May 2021



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.

In April you receive a survey for your Home delivered meals. If you have not returned the survey please do ASAP. Thank you!  
 Your feedback helps us to serve you better!



**Menu subject to change.**  
 Thank you


Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>High Sodium Meal 6</b>	<b>7</b>
Hamburger (200) on a Hamburger Bun (320) Sweet Potato Wedges (267) Mixed Vegetables (28) Mustard (55) & Ketchup (82) Blueberry Yogurt (75) 1% Milk (125) Margarine (35)  Cal: 829 Sodium: 1187 mg	Country Fried Chicken with Low Sodium Gravy (499) Mashed Potatoes (48) Green Peas (62) Wheat Dinner Roll (338) Fresh Apple (1) 1% Milk (125) Margarine (35)  Cal: 714 Sodium: 1109 mg	Vegetable Lasagna with Tomato Sauce (504)* Italian Green Beans (4) Dinner Roll (300) Vanilla Pudding (130) 1% Milk (125) Margarine (35)  Cal: 661 Sodium: 1098 mg	Mongolian Beef with Spring Onions (1115)* over White Rice (16) Asparagus (3) Wheat Bread (170) Fresh Pear (2) 1% Milk (125) Margarine (35)  Cal: 826 Sodium: 1467 mg	Broccoli & Cheese Stuffed Chicken (410) O'Brien Potatoes (25) Carrot Coins (55) Breadstick (130) Fresh Orange (4) 1% Milk (125) Margarine (35)  Cal: 700 Sodium: 783 mg
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Meatball Sub Sandwich (262) Sub Roll (322) Seasoned Potato Wedges (27) Italian Blend Vegetables (37) Chocolate Pudding (151) 1% Milk (125) Margarine (35)  Cal: 778 Sodium: 960 mg	Grilled Chicken Limone (389) over Bowtie Pasta (1) Asparagus (3) Wheat Dinner Roll (338) Fresh Orange (4) 1% Milk (125) Margarine (35)  Cal: 724 Sodium: 894 mg	Veal Roulade with Low Sodium Gravy (423) Mashed Potatoes (48) Mixed Vegetables (28) Wheat Dinner Roll (338) Applesauce Cup (14) 1% Milk (125) Margarine (35)  Cal: 782 Sodium: 1011 mg	Chicken Pot Pie with Low Sodium Gravy (321) Mashed Potatoes (48) Buttered Cut Corn (45) Biscuit (267) Raisins (4) 1% Milk (125) Margarine (35)  Cal: 841 Sodium: 846 mg	Pollock Loin with Butter Crumb Topping & Lemon Wedge (149) Rice Pilaf (30) Garlic Seasoned Spinach (109) Wheat Bread (170) Fruit Crunch Bar (80) 1% Milk (125) Margarine (35)  Cal: 875 Sodium: 699 mg

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



## HDM Menu- May 2021



Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Oven Fried Chicken Drumstick (505)* over Herbed Rice (14) Steamed Broccoli (22) Wheat Dinner Roll (338) Fresh Granny Smith Apple (1) 1% Milk (125) Margarine (35)  Cal: 720 Sodium: 1040 mg	BBQ Rib Pattie (410) Sweet Potato Puffs (267) Cauliflower (13) Biscuit (267) Fig Bar (35) 1% Milk (125) Margarine (35)  Cal: 870 Sodium: 1152 mg	Turkey Steak with Low Sodium Gravy (587)* over Herb Stuffing (267) Green Peas & Carrots (55) O'Brien Potatoes (25) Fresh Pear (2) 1% Milk (125) Margarine (35)  Cal: 908 Sodium: 1096 mg	Cheese Tortellini with Spinach Cream Sauce (649)* Lima Beans (33) Biscuit (267) Fresh Orange (4) 1% Milk (125) Margarine (35)  Cal: 838 Sodium: 1114 mg	Spring Beef & Vegetable Stew (480) over White Rice (2) Sliced Yellow Squash & Zucchini (11) Wheat Dinner Roll (338) Applesauce Cup (14) 1% Milk (125) Margarine (35) Cal:867 Sodium:1005 mg
<b>24</b>	<b>High Sodium Meal 25</b>	<b>26</b>	<b>27</b>	<b>Holiday Meal 28</b>
Chicken Cordon Royale (550)* Sweet Potatoes (55) Broccoli (22) Breadstick (130) Graham Cookie (69) 1% Milk (125) Margarine (35)  Cal: 730 Sodium: 985 mg	Potato Pollock Fillet (227) Tartar Sauce (261) Potato Wedges (267) Mixed Vegetables (28) Wheat Dinner Roll (338) Fresh Orange (4) 1% Milk (125) Margarine (35)  Cal: 885 Sodium: 1285 mg	Turkey Brunswick Stew (540)* Buttered Brussels Sprouts (14) Biscuit (267) Fresh Apple (1) 1% Milk (125) Margarine (35)  Cal: 791 Sodium: 910 mg	Steak Pizzaiola (336) over Mushroom Risotto (64) Cauliflower with Diced Peppers (13) Wheat Dinner Roll (338) Strawberry Yogurt Cup (75) 1% Milk (125) Margarine (35)  Cal: 858 Sodium: 987 mg	Low Sodium Hot Dog (490) Hot Dog Bun (190) Mustard (55) & Ketchup (82) New England Baked Beans (140) California Blend Vegetables (27) Raisins (4) 1% Milk (125) Margarine (35)  Cal: 717 Sodium: 1148 mg
<b>31</b>				
<b>CLOSED</b>  	<p>May is Older Americans Month. As someone ages, they may not feel thirsty. The body still needs fluids even if they do not feel thirsty all of the time. It will be important to remember drink beverages throughout the day. Juice, flavored waters, coffee/tea and sodas can add to your hydration, but getting enough water will be the most important! In additional to proper hydration, there are certain nutrients that become more important as we age. Calcium and Vitamin D are two of the important nutrients to increase to help maintain bone health. Calcium and Vitamin D can be found in dairy products and non-dairy products fortified with calcium and vitamin D.</p> <p>From the desk of Mary Lonzo M.Ed, RD, LDN Community Dietitian</p>			<p><b>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.</b></p>

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