



## Traditional Menu- May 2021



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. All nutrition information was provided by City Fresh foods.

Milk= 125mg sodium. Margarine= 30 mg sodium.

**Menu subject to change.**

Thank you

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!**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Braised Beef with Vegetables (117) Polenta (36) Green Beans with Peppers (6) Wheat Roll (135) Vanilla Pudding (130) 1% Milk (125) Margarine (30) Cal: 759 Sodium: 579 mg	Lemon Ricotta Parmesan Chicken (317) Whole Grain Ravioli (360) Carrots (30) White Bread (150) Tropical Fruit Cup (0) 1% Milk (125) Margarine (30) Cal: 729 Sodium: 1012 mg	Country "Fried" Steak with Gravy (492) Mashed Potatoes (32) California Blend Vegetables (21) Wheat Roll (135) Key Lime Pie (95) 1% Milk (125) Margarine (30) Cal: 846 Sodium: 930 mg	Black Eyed Pea & Turkey Ham Stew (576)* Mashed Potatoes (32) Collard Greens (65) Wheat Roll (135) Pears (5) 1% Milk (125) Margarine (30) Cal: 680 Sodium: 968 mg	Orange Glazed Salmon (191) Brown Rice (95) Broccoli (6) White Bread (150) Fresh Banana (1) 1% Milk (125) Margarine (30) Cal: 695 Sodium: 598mg
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>15</b>
Chicken Cacciatore (428) Orzo Pasta (0) Parmesan Cheese (55) Cauliflower with Peppers (29) White Bread (150) Chocolate Pudding (135) 1% Milk (125) Margarine (30) Cal: 749 Sodium: 952 mg	Breaded Catfish (350) Tartar Sauce (85) Rice Pilaf (55) Kale & Pepper Blend (18) White Bread (150) Fresh Banana (1) 1% Milk (125) Margarine (30) Cal: 733 Sodium: 814 mg	Pot Roast With Gravy (465) Mashed Potatoes (32) Green Peas (6) Wheat Roll (135) Fig Bar (30) 1% Milk (125) Margarine (30) Cal: 818 Sodium: 828 mg	Cheesy Chicken Meatball Pasta Bake (569)* Whole Grain Pasta (0) Broccoli (6) Wheat Roll (135) Peach Cup (5) 1% Milk (125) Margarine (30) Cal: 735 Sodium: 870 mg	<b>High Sodium Meal</b> BBQ Pulled Pork (661)* Whole Grain Macaroni & Cheese (325) Beets & Greens (116) Wheat Roll (135) Mandarin Oranges (5) 1% Milk (125) Margarine (30) Cal: 918 Sodium: 1397 mg

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



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Monday	Tuesday	Wednesday	Thursday	Friday
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Salisbury Steak with Gravy (462) Baked Potato (17) Sour Cream (20) Vegetable Medley (24) White Bread (150) Vanilla Pudding (130) 1% Milk (125) Margarine (30) Cal: 737 Sodium: 958 mg	Turkey Taco Skillet with Stewed Tomatoes (202) Mexican Rice (31) Black Beans, Corn, & Peppers (94) Wheat Roll (135) Pineapple (5) 1% Milk (125) Margarine (30) Cal: 742 Sodium: 622 mg	Chicken Anna Maria (381) Egg Noodles (10) Green Beans with Peppers (6) Wheat Roll (135) Clementines (2) 1% Milk (125) Margarine (30) Cal: 708 Sodium: 689 mg	Herb Crusted White Fish (136) Wild Rice (26) Broccoli & Peppers (6) White Bread (150) Fresh Banana (1) 1% Milk (125) Margarine (30) Cal: 711 Sodium: 474 mg	Beef with Peppers & Onions (149) Roasted Potatoes (79) Carrots (30) Wheat Roll (135) Mandarin Oranges (5) 1% Milk (125) Margarine (30) Cal: 799 Sodium: 533 mg
<b>24</b>	<b>25</b>	<b>26</b>	<b>Holiday Meal</b>	<b>28</b>
Roast Turkey with Gravy (472) Baked Sweet Potatoes & Cranberries (78) Brussels Sprouts (21) Wheat Roll (135) Chocolate Pudding (135) 1% Milk (125) Margarine (30) Cal: 715 Sodium: 996 mg	Coconut Curry Shrimp (451) White Rice (25) Carrots (30) Wheat Roll (135) Pineapple (5) 1% Milk (125) Margarine (30) Cal: 681 Sodium: 801 mg	Veal Scaloppini (479) Whole Grain Pasta (2) California Blend Vegetables (21) Wheat Roll (135) Clementines (2) 1% Milk (125) Margarine (30) Cal: 786 Sodium: 794 mg	Hamburger on Wheat Bun (452) Potato Wedges (20) Ketchup (85) Green Beans with Peppers (6) Pound Cake (240) 1% Milk (125) Margarine (30) Cal: 913 Sodium: 928 mg	Lemon Rosemary Chicken (279) Polenta (36) Kale & Pepper Blend (18) White Bread (150) Pears (5) 1% Milk (125) Margarine (30) Cal: 710 Sodium: 643 mg
<b>31</b>				
<p><b>CLOSED</b></p>	<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 addition 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><i>From the desk of Mary Lonzo M.Ed, RD, LDN Community Dietitian</i></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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