



Vegetarian 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
3	4	5	6	7
Braised Veggie Sausage with Vegetables (567)* Polenta (36) Green Beans with Peppers (6) Wheat Roll (135) Vanilla Pudding (130) 1% Milk (125) Margarine (30) Cal: 719 Sodium: 1029 mg	Lemon Ricotta Parmesan Tofu (178) Vegetable Rice Pilaf (31) Carrots (30) White Bread (150) Tropical Fruit Cup (0) 1% Milk (125) Margarine (30) Cal: 704 Sodium: 544 mg	Chik'n Cutlet with Gravy (332) Mashed Potatoes (32) California Blend Vegetables (21) White Bread (150) Key Lime Pie (95) 1% Milk (125) Margarine (30) Cal: 808 Sodium: 785 mg	Veggie Burger Patty with Gravy (621)* Mashed Potatoes (32) Collard Greens (65) Wheat Roll (135) Pears (5) 1% Milk (125) Margarine (30) Cal: 690 Sodium: 1013 mg	Orange Glazed Tofu (159) Brown Rice (95) Broccoli (6) Wheat Roll (135) Fresh Banana (1) 1% Milk (125) Margarine (30) Cal: 721 Sodium: 551mg
10	11	12	13	High Sodium Meal 15
Chickpea Carbonara with Mozzarella Garnish (338) Orzo Pasta (0) Parmesan Cheese (55) Cauliflower with Peppers (29) White Bread (150) Chocolate Pudding (135) 1% Milk (125) Margarine (30) Cal: 733 Sodium: 807 mg	Chik'n Cutlet with Basil Pesto Mayo Dipping Sauce (409) Rice Pilaf (31) Kale & Pepper Blend (18) White Bread (150) Applesauce (10) 1% Milk (125) Margarine (30) Cal: 777 Sodium: 773 mg	Roast Veggie Sausage with Gravy (588)* Mashed Potatoes (32) Green Peas (6) Wheat Roll (135) Fig Bar (30) 1% Milk (125) Margarine (30) Cal: 844 Sodium: 951 mg	Cheesy Vegetarian Meatball Pasta Bake (654)* Whole Grain Pasta (0) Broccoli (6) Wheat Roll (135) Peach Cup (5) 1% Milk (125) Margarine (30) Cal: 699 Sodium: 955 mg	BBQ Tofu (615)* Whole Grain Macaroni & Cheese (325) Beets & Greens (116) Wheat Roll (135) Mandarin Oranges (5) 1% Milk (125) Margarine (30) Cal: 907 Sodium: 1351 mg

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



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Monday	Tuesday	Wednesday	Thursday	Friday
17	18	19	20	21
Veggie Sausage Crumbles with Vegetables (502)* Baked Potato (17) Sour Cream (20) Vegetable Medley (24) White Bread (150) Vanilla Pudding (130) 1% Milk (125) Margarine (30) Cal: 742 Sodium: 998 mg	Tofu Taco Skillet with Stewed Tomatoes & Cheese (318) Mexican Rice (31) Black Beans, Corn, & Peppers (94) Wheat Roll (135) Pineapple (5) 1% Milk (125) Margarine (30) Cal: 773 Sodium: 738 mg	Tofu Artichoke Anna Maria (313) Egg Noodles (10) Green Beans with Peppers (6) Wheat Roll (135) Clementines (2) 1% Milk (125) Margarine (30) Cal: 721 Sodium: 621 mg	Sweet Corn Fritter (614)* Wild Rice (26) Broccoli & Peppers (6) White Bread (150) Fresh Banana (1) 1% Milk (125) Margarine (30) Cal: 900 Sodium: 952 mg	Vegetarian Sausage Link with Peppers & Onions (502)* Roasted Potatoes (127) Carrots (30) Wheat Roll (135) Mandarin Oranges (5) 1% Milk (125) Margarine (30) Cal: 692 Sodium: 954 mg
24	25	26	High Sodium Meal 27	28
Roast Tofu with Gravy (149) Baked Sweet Potatoes & Cranberries (78) Brussels Sprouts (21) Wheat Roll (135) Chocolate Pudding (135) 1% Milk (125) Margarine (30) Cal: 783 Sodium: 673 mg	Coconut Curry Tofu & Sweet Potatoes (197) White Rice (25) Carrots (30) Wheat Roll (135) Pineapple (5) 1% Milk (125) Margarine (30) Cal: 717 Sodium: 547 mg	Chickpea & Artichoke Scampi (567)* Whole Grain Pasta (0) California Blend Vegetables (21) Wheat Roll (135) Clementines (2) 1% Milk (125) Margarine (30) Cal: 674 Sodium: 879 mg	Holiday Meal Veggie Burger on Wheat Bun (860)* Potato Wedges (20) Ketchup (85) Green Beans with Peppers (6) Pound Cake (240) 1% Milk (125) Margarine (30) Cal: 749 Sodium: 1336 mg	Lemon Rosemary Chik'n Cutlet (304) Polenta (36) Kale & Pepper Blend (18) White Bread (150) Pears (5) 1% Milk (125) Margarine (30) Cal: 783 Sodium: 668 mg
31				
CLOSED 	<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>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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