

Ethos HDM Menu-March 2022



A suggested donation of \$2.00 is requested for each meal.

Calories and sodium for the total meal, including milk and margarine are listed at the bottom of each day. Milligrams of sodium (NA+) are listed next to each item. Any item with more than 500mg is considered a higher sodium item and is identified with an (*) asterisk.

Milk= 125mg sodium Margarine= 30 mg sodium

To cancel a meal please call (617) 477-6606 by 9am the previous day.

Menu subject to change.

All HDM Drivers will be required to see someone at delivery, and will be required to ask about clients at least twice week.

No Home Delivered Meal will be left without seeing someone at delivery.

Monday		Tuesday		Wednesday		Thursday		Friday	
		1	NA+	2	NA+	3	NA+	4	NA+
		Shepherds Pie w/ LS Gravy, Ground Beef & Veggies Whipped Potato Buttered Carrot Coins Biscuit Pear	405 48 97 267 2	Pollock Filet w/ Butter Crumb Topping & Lemon Wedge O'Brien Potatoes Brussels Sprouts Breadstick Fruit Crunch Bar	168 25 14 130 80	Roast Pork Tenderloin w/ LS Gravy Parsley Potatoes Broccoli w/ Diced Peppers Wheat Roll Applesauce Cup	109 64 22 338 14	High Sodium Day Cheese Tortellini* w/ Tomato Sauce Italian Blend Mixed Vegetables Dinner Roll Fig Bar	664 37 300 90
		Cal: 770 Na: 979mg		Cal: 799 Na: 576mg		Cal: 727 Na: 707mg		Cal: 752 Na: 1,251mg	
7	NA+	8	NA+	9	NA+	10	NA+	11	NA+
Hamburger w/ Ketchup Pkt. Asparagus Hamburger Roll Chewy Granola Bar	200 82 3 320 110	BBQ Rottissarie Chicken over Yellow Rice w/ Black Beans Buttered Green Beans Corn Muffin	459 62 8 279	Beef and Broccoli* Brown Rice Steamed Stir Fry Vegetables Wheat Dinner Roll Raisins	500 21 18 338 4	WG Breaded Chicken Bites Mashed Potatoes w/ L.S. Gravy Lima Beans Breadstick Apple	480 82 33 130 1	WG Breaded Pollock Filet Potato Wedges Spinach w/ Garlic and Oil Wheat Bread Orange	245 27 88 170 4
Cal: 710 Na: 907mg		Cal: 683 Na: 1,003mg		Cal: 913 Na: 1,041mg		Cal: 726 Na: 885mg		Cal: 766 Na: 955mg	



SENIOR NUTRITION PROGRAM
CELEBRATE • INNOVATE • EDUCATE

Celebrate the 50th Anniversary of the Nutrition Program!

Since 1972, the National Senior Nutrition Program has supported nutrition services for older adults across the country. Funded by the Older Americans Act, local senior nutrition programs serve as hubs for older adults to access nutritious meals and other vital services that strengthen social connections and promote health and wellbeing. If you/someone you know is interested in Nutrition or other senior services, please contact Ethos at 617-477-6606.

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

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Monday		Tuesday		Wednesday		Thursday		Friday	
14	NA+	15	NA+	16	NA+	17	NA+	18	NA+
Chicken Piccata w/ Lemon	403	Italian Sausage w/ Peppers & Onions	751	Stuffed Chicken Cordon Royale	582	High Sodium Day		French Toast Sticks	320
Caper Sauce*		Mustard Pkt.	55	w/ LS Gravy		Happy St Patrick's Day		Turkey Sausage Pattie	217
Mushroom Risotto w/ Peas	64	Rosemary Roasted Potatoes	25	Rice Pilaf	30	Corned Beef and Cabbage Dinner*	939	Potato Puffs	29
						Boiled Potatoes	37	Spinach w/ Tomatoes & Mozzarella	
Wheat Bread	170	Breadstick	130	Green Beans	4	Wheat Bread w/ Margarine		Cheese	156
Chocolate Pudding Cup	151	Apple	1	Biscuit	267	Wheat Bread	170	Maple Syrup	23
		Mustard Pkt.		Pear	2	Lime Gelatin w/ Fruit Cocktail	51	Applesauce Cup	14
Cal: 688 Na: 1,059mg		Cal: 767 Na: 1,149mg		Cal: 831 Na: 1,045mg		Cal: 699 Na: 1,466mg		Cal: 757 Na: 919mg	
21	NA+	22	NA+	23	NA+	24	NA+	25	NA+
Pulled Chicken w/ LS Gravy	356	Meatloaf w/ LS Gravy	240	Terriyaki Grilled Chicken Strips*	508	Roast Sliced Turkey* w/ LS Gravy	587	Cheese Ravioli	324
Seasoned Potato Wedges	267	Mashed Potatoes	48	served over Asian Brown Rice	296	Scallop Potatoes	47	w/ Tomato Sauce	
Lemon Garlic Kale	21	Green Peas	62	Asian Vegetable Blend	18	Butternut Squash	3	Lima Beans	33
Dinner Roll	338	Wheat Dinner Roll	338	Breadstick	130	Herb Stuffing	267	Dinner Roll	300
Apple	1	Orange	4	Apple Cinnamon Bar	85	Strawberry Yogurt cup	75	Raisins	4
Cal: 686 Na: 1,111mg		Cal: 677 Na: 692mg		Cal: 697 Na: 1,197mg		Cal: 774 Na: 980mg		Cal: 748 Na: 822mg	
28	NA+	29	NA+	30	NA+	31	NA+		
Rottissarie Chicken Pot Pie	321	Hot Dog	190	Broccoli & Cheese Stuffed	470	Beef & Lentil Chili	325		
w/ LS Chicken Gravy		Baked Beans	140	Chicken w/ Cream Sauce		Baked Potato 1/1	287		
Mashed Potatoes	48	Cauliflower w/ Diced Peppers	13	Potato Puffs	29	Honey Roasted Carrots	55		
Buttered Corn	1	Hot Dog Bun	490	Mixed Vegetables	28	Breadstick	130		
Biscuit	267	Pear	2	Breadstick	130	Vanilla Pudding Cup	130		
Strawberry Bar	90	Ketchup & Mustard Pkt.	82/55	Apple	1				
Cal: 831 Na: 888mg		Cal: 688 Na: 1,132mg		Cal: 857 Na: 819mg		Cal: 918 Na: 1,087mg			



National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is encouraged to learn about making informed food choices and developing healthful eating and physical activity habits. Some healthy lifestyle tips are:

- Eat breakfast
 - Make half you plate fruits and vegetables
 - Create healthy snacks
 - Make an effort to reduce food waste
 - Slow down at meal time
 - Get cooking at home
- Reduce added sugar intake
 - Explore new foods and flavors
 - Watch portion sizes
 - Be active
 - Get to know the food label
 - Follow food safety guidelines
- Consult a Registered Dietitian
 - Experiment with plant based meals
 - Use less salt
 - Make an effort to reduce food waste
 - Drink more water
 - Eat more seafood
- Create meal times
 - Add in fiber
 - Supplement with caution - always speak with a healthcare provider first

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