

# Ethos Traditional 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  
 All nutrition information was provided by City Fresh Foods.  
**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
	<b>1</b> Chicken Alfredo* Whole Grain Pasta Broccoli Wheat Roll Fruit  <b>Cal:680 CHO:80g Na:901mg</b>	<b>2</b> Breaded Cod Roasted Potatoes California Blend Vegetables Wheat Bread Fruit  <b>Cal:683 CHO:80g Na:786mg</b>	<b>3</b> (Beef & Chicken) Egg Noodles Vegetable Medley Wheat Roll Fruit  <b>Cal:736 CHO:94g Na:763mg</b>	<b>4</b> Whole Grain Cheese Ravioli w/ Sage Cream Sauce Brussel Sprouts Wheat Roll Peach Crisp  <b>Cal:932 CHO:103g Na:957mg</b>
<b>7</b> Honey Garlic Pork* Whole Grain Noodles Tuscan Blend Vegetables Wheat Roll Chocolate Pudding  <b>Cal:785 CHO:81g Na:1089mg</b>	<b>8</b> Pot Roast w/ Brown Gravy Red Skin Mashed Potatoes Green Beans Whole Grain Cornbread Fruit  <b>Cal:772 CHO:92g Na:791mg</b>	<b>9</b> Orange Chicken* White Rice Vegetable Medley Snack Loaf Fruit  <b>Cal:796 CHO:110g Na:885mg</b>	<b>10</b> Hamburger Baked Beans Mixed Vegetables Whole Wheat Bun Ketchup Fruit  <b>Cal:735 CHO:87g Na:1127mg</b>	<b>11</b> White Fish in Sundried Tomato Cream Sauce Roasted Potatoes Broccoli Wheat Bread Shortbread Cookie  <b>Cal:682 CHO:80g Na:979mg</b>



*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	
<b>14</b>	<b>NA+</b>	<b>15</b>	<b>NA+</b>	<b>16</b>	<b>NA+</b>	<b>17</b>	<b>NA+</b>	<b>18</b>	<b>NA+</b>
Chicken & Garbanzo Bean Chili	256	American Chop Suey	265	Broccoli Cheddar Stuffed Chicken	410	<i>Happy St Patrick's Day</i>		Creamy Cajun Shrimp*	563
Whole Grain Cornbread	90	Elbow Macaroni	0	Sweet Rice	25	<i>High Sodium Meal</i>		Cheesy Grits	116
Tuscan Blend Vegetables	31	Green Beans w/ Peppers	6	Green Peas	6	Corned Beef w/ Cabbage*	856	Mixed Vegetables	17
Vanilla Pudding	130	Wheat Roll	135	Snack Loaf	90	Boiled Potatoes	105	Wheat Roll	135
	30	Cinnamon Peaches	10	Fruit	0	Carrots	30	Fruit	0
						Whole Grain Cornbread	90		30
						Chocolate Chip Cookie	70		
<b>Cal:728 CHO:91g Na:662mg</b>		<b>Cal:707 CHO:85g Na:571mg</b>		<b>Cal:843 CHO:106g Na:686mg</b>		<b>Cal:750 CHO:77g Na:1306mg</b>		<b>Cal:757 CHO:81g Na:986mg</b>	
<b>21</b>	<b>NA+</b>	<b>22</b>	<b>NA+</b>	<b>23</b>	<b>NA+</b>	<b>24</b>	<b>NA+</b>	<b>25</b>	<b>NA+</b>
Chicken Picatta*	753	Pork Chopette w/Gravy*	710	Beef Stew	330	Whole Grain Spaghetti	0	Breaded Catfish Strips	350
Whole Grain Pasta	0	Mashed Potatoes	113	w/ Whole Grain Biscuit	410	w/ Turkey Bolognese	195	Sweet Potato Wedges	200
Broccoli	6	California Blend Vegetables	36	Vegetable Medley	18	Green Beans w/ Peppers	6	Mixed Vegetables	17
Wheat Roll	135	Wheat Roll	135	Cinnamon Pears	10	Whole Grain Garlic Toast	120	Wheat Roll	135
Chocolate Pudding	135	Fruit	0			Shortbread Cookie	150	Tartar Sauce	85
								Fruit	0
<b>Cal:758 CHO:84g Na:1184mg</b>		<b>Cal:695 CHO:79g Na:1149mg</b>		<b>Cal:877 CHO:90g Na:923mg</b>		<b>Cal:719 CHO:89g Na:626mg</b>		<b>Cal:710 CHO:91g Na:942mg</b>	
<b>28</b>	<b>NA+</b>	<b>29</b>	<b>NA+</b>	<b>30</b>	<b>NA+</b>	<b>31</b>	<b>NA+</b>		
<i>High Sodium Meal</i>		Salisbury Steak w/ Gravy	461	BBQ Chicken Drumstick*	541	Roast Turkey w/Gravy*	577		
Caprese Chicken*	728	White Rice	25	Au Gratin Potatoes	226	Mashed Potatoes	113		
Polenta	36	Carrots	30	Green Beans w/ Peppers	6	Mixed Vegetables	17		
Vegetable Medley	18	Whole Grain Cornbread	90	Wheat Roll	135	Whole Grain Cornbread	90		
Wheat Roll	135	Fruit	0	Oatmeal Cookie	105	Fruit	0		
Vanilla Pudding	130								
<b>Cal:830 CHO:91g Na:1202mg</b>		<b>Cal:769 CHO:101g Na:761mg</b>		<b>Cal:680 CHO:77g Na:1168mg</b>		<b>Cal:688 CHO:78g Na:952mg</b>			

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:



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| <ul style="list-style-type: none"> <li>- Eat breakfast</li> <li>- Make half you plate fruits and vegetables</li> <li>- Create healthy snacks</li> <li>- Make an effort to reduce food waste</li> <li>- Slow down at meal time</li> <li>- Get cooking at home</li> </ul> | <ul style="list-style-type: none"> <li>- Reduce added sugar intake</li> <li>- Explore new foods and flavors</li> <li>- Watch portion sizes</li> <li>- Be active</li> <li>- Get to know the food label</li> <li>- Follow food safety guidelines</li> </ul> | <ul style="list-style-type: none"> <li>- Consult a Registered Dietitian</li> <li>- Experiment with plant based meals</li> <li>- Use less salt</li> <li>- Make an effort to reduce food waste</li> <li>- Drink more water</li> <li>- Eat more seafood</li> </ul> |
|   |   | <ul style="list-style-type: none"> <li>- Create meal times</li> <li>- Add in fiber</li> <li>- Supplement with caution - always speak with a healthcare provider first</li> </ul>  |

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