### 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= 35 mg sodium

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

Menu subject to change.

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**Nutrient Needs for Older Adults**

The following table outlines the Recommended Dietary Allowance (RDA) or Adequate Intake (AI) for adults ages 51 years and older. The RDAs/AIs are average daily intakes of nutrients that meet the needs of nearly 98% of the population. Below are the recommendations for older adults 51 years and older. Ethos meals meets 1/3 of the RDA.

<table>
<thead>
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<tr>
<td><strong>Fiber Female:</strong> 30 g Female: 21 g</td>
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<tr>
<td><strong>Vitamin A - Male:</strong> 900 µg Females: 700 µg</td>
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<tr>
<td><strong>Vitamin B12 - Male:</strong> 2.4 µg Females: 2.2 µg</td>
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<tr>
<td><strong>Vitamin C - Male:</strong> 90 mg Females: 75 mg</td>
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<tr>
<td><strong>Sodium - Male:</strong> 1500 mg Females: 1500 mg</td>
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<tr>
<td><strong>Vitamin D - Male:</strong> 51-70: 15 mg; Females: &gt;70: 20 mg</td>
</tr>
<tr>
<td><strong>Calcium - Male:</strong> 51-70: 1000 mg; Male &gt;70: 1200 mg</td>
</tr>
<tr>
<td><strong>Potassium - Male:</strong> 3400 mg Females: 2600 mg</td>
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**Meal Options**

**Monday 5/2**
- Meatloaf w/ LS Gravy
- Mashed Potatoes
- Green Peas
- Wheat Dinner Roll
- Fresh Orange

**Wednesday 5/4**
- Cheese Ravioli w/ Tomato Sauce
- Lima Beans
- Dinner Roll
- Raisins
- Fresh Apple

**Friday 5/6**
- Pulled Roast Chicken
- L.S. Gravy
- Seasoned Potato Wedges
- Diced Carrots
- Strawberry Yogurt cup

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**Nutrient Needs for Older Adults**

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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 be left without seeing someone at delivery.
**Ethos HDM Menu-May 2022**

**Monday 5/16**
- **Oven Baked Stuffed Shells Florentine** (w/spinach tomato sauce) * 766
- **Swedish Meatballs w/ L.S. Swedish Gravy** 209
- **Pulled Pork Carrot and Chickpea Stew** 408
- **Cheese Mini Ravioli & Butternut Squash w/ Lemon Juice, Olive Oil and Parmesan Cheese** 373

**Tuesday 5/17**
- **Broccoli and Cheese Stuffed Chicken** 429
- **Shepherds "Cottage" Pie** 405
- **Pollock Filet w/ Butter Crumb topping** 168
- **Roast Pork Tenderloin w LS Gravy** 126

**Wednesday 5/18**
- **Mixed Vegetables** 28
- **Buttered Carrot Coins** 97
- **Bread-Stick** 232
- **W/Lemon Wedge** 35

**Thursday 5/19**
- **Dirty Rice** 44
- **Whipped Potato** 48
- **Brussels Sprouts** 14
- **Wheat Bread** 95

**Friday 5/20**
- **Beef Tips w/ LS Mushroom Gravy (w/spinach tomato sauce)** Served over White Rice 16
- **Parsley Cous Cous w/ Lemon Juice, Olive Oil and Parmesan Cheese** 109
- **Spinach** 14
- **Roast Brussels Sprouts** 265

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**Monday 5/23**
- **Broccoli and Cheese Stuffed Chicken** 429
- **Shepherds "Cottage" Pie** 405
- **Pollock Filet w/ Butter Crumb topping** 168
- **Roast Pork Tenderloin w LS Gravy** 126

**Tuesday 5/24**
- **Mixed Vegetables** 28
- **Buttered Carrot Coins** 97
- **Bread-Stick** 232
- **W/Lemon Wedge** 35

**Wednesday 5/25**
- **Dirty Rice** 44
- **Whipped Potato** 48
- **Brussels Sprouts** 14
- **Wheat Bread** 95

**Thursday 5/26**
- **Beef Tips w/ LS Mushroom Gravy (w/spinach tomato sauce)** Served over White Rice 16
- **Parsley Cous Cous w/ Lemon Juice, Olive Oil and Parmesan Cheese** 109
- **Spinach** 14
- **Roast Brussels Sprouts** 265

**Friday 5/27**
- **Broccoli and Cheese Stuffed Chicken** 429
- **Shepherds "Cottage" Pie** 405
- **Pollock Filet w/ Butter Crumb topping** 168
- **Roast Pork Tenderloin w LS Gravy** 126

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**Monday 5/30**
- **Hamburger w/ Roasted Root Vegetables** 200
- **Mixed Vegetables** 28
- **Hamburger Bun** 320
- **Chewy Granola Bar** 82

**Tuesday 5/31**
- **Hamburger w/ Ketchup Pkt.** 82
- **Fresh Pear** 2
- **Fig Bar** 35

**Holiday meals will be sent out the week of 5/23/2022.**

**A Special Focus on Select Nutrients:**
- **Calcium and Vitamin D** are two micronutrients that are important for maintaining bone health, especially in older adults. Low intakes of calcium and vitamin D can contribute to bone loss and osteoporosis. Food sources are: Broccoli, kale, spinach, bok choy, collard greens, Low-fat or fat-free dairy products, Fortified foods: cereals, juices, soy products.
- **Vitamin B12** plays a role in red blood cell production and neurological function. It is an important micronutrient for older adults because they may not be able to absorb enough of it, which can lead to several adverse health effects. Food sources are: Eggs, chicken, liver, beef, salmon, tuna, trout; Low-fat or non-fat dairy products.
- **Fiber** plays an important role in gut health. It not only promotes bowel regularity, but also can also help to maintain blood sugar levels and hunger. Food sources are: Whole grains: wheat bread, brown rice, oats, nuts, legumes, fruits & vegetables.

**Other Nutrients:**
- **Potassium** helps regulate fluid volume in the body. Ensuring you get enough potassium, while also limiting sodium intake, can reduce the risk of high blood pressure. Food sources are: Fruits and vegetables, Legumes: lentils, kidney beans, soybeans, Low-fat or fat-free dairy products, Meat: chicken, salmon.

**Dietary fats** support cell growth, provide insulation, and aid in the transport and absorption of some nutrients in the body. We want to consume more polyunsaturated and monounsaturated fats, which help lower cholesterol levels in the body. We also want to consume less saturated and trans fats, which raise cholesterol levels. Food sources are: Nuts: walnuts, almonds, pecans; Seeds: flaxseeds, chia seeds, pumpkin seeds, avocados; Vegetable oils: sunflower oil, soybean oil; Fish: Salmon, cod, sardines.

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