

Ethos HDM Menu-May 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= 35 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 5/2		Tuesday 5/3		Wednesday 5/4		Thursday 5/5		Friday 5/6	
Meatloaf w/ LS Gravy Mashed Potatoes Green Peas Wheat Dinner Roll Fresh Orange	NA+ 187 19 48 62 303 4	Terriyaki Grilled Chicken Strips Served over Asian Brown Rice Asian Vegetable Blend Breadstick Apple Cinnamon Bar	NA+ 483 29 18 130 90	Cheese Ravioli w/ Tomato Sauce Lima Beans Dinner Roll Raisins	NA+ 324 33 265 4	Pulled Roast Chicken L.S. Gravy Seasoned Potato Wedges Diced Carrots Dinner Roll Fresh Apple	NA+ 383 19 27 55 265 1	Roast Sliced Turkey* w/ L.S Turkey Gravy Scallop Potatoes Butternut Squash Herb Stuffing Strawberry Yogurt cup	NA+ 527 60 47 3 267 75
Cal: 677 Na: 659 mg		Cal: 695 Na:1177 mg		Cal: 748 Na:822 mg		Cal: 680 Na: 945 mg		Cal: 884 Na: 1105 mg	
Monday 5/9		Tuesday 5/10		Wednesday 5/11		Thursday 5/12		Friday 5/13	
Rottissarie Chicken Pot Pie w/ LS Chicken Gravy Mashed Potatoes Buttered Corn Biscuit w/ Margarine Strawberry Bar	NA+ 321 48 1 232 85	New England Hot Dog Baked Bean Dinner Cauliflower and diced Red Pepper Hot Dog Bun Ketchup/Mustard Pkt. Fresh Pear	NA+ 490 140 13 155 137 2	Broccoli and Cheese Stuffed Chicken w/ Cream Sauce Potato Puffs Mixed Vegetables Bread-Stick Fresh Apple	NA+ 460 39 28 95 1	Beef & Lentil Chili (served over) Baked Potato 1/2 Honey Roasted Baby Carrots WW Dinner Roll w/ Margarine Vanilla Pudding Cup	NA+ 202 287 55 338 130	Golden Baked Macaroni & Cheese w/ side of Stewed Tomatoes Streamed Broccoli Biscuit Raisins	NA+ 443 191 22 232 4
Cal: 831 Na: 883 mg		Cal: 688 Na: 1132 mg		Cal: 905 Na: 828 mg		Cal: 962 Na: 1173 mg		Cal: 827 Na: 1087 mg	

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 RDA/AIs are average daily intakes of nutrients that meet the needs of nearly 98% of the population. Below are the recommendatins for older adults 51 years and older. Ethos meals meets 1/3 of the RDA.

Nutrient Needs:	
<ul style="list-style-type: none"> Fiber Male: 30 g Female: 21 g Vitamin A - Males: 900 ug Females: 700 ug Vitamin B12 - Males: 2.4 ug Females: 2.4 ug Vitamin C - Males: 90 mg Females: 75 mg Sodium - Males: 1500 mg Females: 1500 mg 	<ul style="list-style-type: none"> Vitamin D - Males: 51-70: 15 mg; Males: >70: 20 mg Females: 51-70: 15 mg; Females >70: 20 mg Calcium - Males: 51-70: 1000 mg; Males >70: 1200 mg Females: 1200 mg Potassium - Males: 3400 mg Females: 2600 mg



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

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Monday 5/16		Tuesday 5/17			Wednesday 5/18			Thursday 5/19		Friday 5/20	
	<u>NA+</u>		<u>NA+</u>		<u>NA+</u>		<u>NA+</u>		<u>NA+</u>		
Oven Baked Stuffed Shells Florentine* (w/spinach tomato sauce) Diced Carrots Bread-Stick Fresh Orange	766 55 95 4	Swedish Meatballs w/ L.S. Swedish Gravy Served over White Rice Green Peas w/ pearl onions Biscuit Oatmeal Raisin Cookie	209 16 62 232 75	Pulled Pork Carrot and Chickpea Stew Parsley Cous Cous Green Beans Wheat Bread Applesauce Cup	408 47 135 14	Cheese Mini Ravioli & Butternut Squash w/ Lemon Juice, Olive Oil and Parmesan Cheese (Ravioli) Spinach Dinner Roll Raisins	373 109 265 4	Beef Tips w/ LS Mushroom Gravy* Garlic Mashed Potatoes Roasted Brussels Sprouts Breadstick Fruit Snack n Loaf Muffin	520 33 14 95 160		
Cal: 926 Na: 1114mg		Cal: 717 Na: 789 mg			Cal: 752 Na: 802 mg			Cal: 724 Na: 947 mg		Cal: 899 Na: 1016 mg	
Monday 5/23		Tuesday 5/24			Wednesday 5/25			Thursday 5/26		Friday 5/27	
	<u>NA+</u>		<u>NA+</u>		<u>NA+</u>		<u>NA+</u>		<u>NA+</u>		
Broccoli and Cheese Stuffed Chicken w/ L.S. Gravy Dirty Rice Mixed Vegetables WW Dinner Roll Fresh Orange	429 44 28 303 4	Shepherds "Cottage" Pie w/ LS Beef Gravy, Ground Beef and Veggies Whipped Potato Buttered Carrot Coins Biscuit Fresh Pear	405 48 97 232 2	Pollock Filet w/ Butter Crumb topping O'Brien Potatoes Brussels Sprouts Bread-Stick W/Lemon Wedge Fig Bar	168 25 14 95 35	Roast Pork Tenderloin w LS Gravy Parsley Potatoes Broccoli w/ Diced Peppers Wheat Bread Applesauce Cup	126 6 17 135 14	Cheese Tortellini w/ Tomato Sauce* Italian Blend Vegetables Dinner Roll Fig Bar	664 37 265 35		
Cal: 770 Na: 1003 mg		Cal: 770 Na: 979 mg			Cal: 531 Na: 779mg			Cal: 898 Na: 494 mg		Cal :872 Na: 1196 mg	
Monday 5/30		Tuesday 5/31									
Closed			<u>NA+</u>	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							
		Hamburger w/ Roasted Root Vegetables Mixed Vegetables Hamburger Bun w/ Ketchup Pkt. Chewy Granola Bar	200 28 320 82 110								
Holiday meals will be sent out the week of 5/23/2022.											
		Cal: 733 Na: 932 mg									

A Special Focus on Select Nutrients cont.:

- **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.



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