

# Ethos Traditional 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. All nutrition information was provided by City Fresh foods.

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	
Shepherd's Pie	<u>NA+</u> 345	Chicken Alfredo*	<u>NA+</u> 605	Breaded Cod	<u>NA+</u> 260	Swedish Meatballs (Beef )	<u>NA+</u> 450	Teriyaki Chicken*	<u>NA+</u> 571
Mashed Potatoes	113	Pasta	0	Roasted Potatoes	115	Egg Noodles	5	White Rice	25
Zucchini & Brussels	15	Broccoli	6	California Blend Vegetables	36	Vegetable Medley	18	Brussel Sprouts	23
Whole Grain Biscuit	135	Wheat Roll	135	Wheat Bread	135	Wheat Roll	135	Wheat Bread	135
Fruit	0	Fruit	0	Tartar Sauce	85	Chocolate Chip Cookie	85	Fruit	0
Fruit	0	Fruit	0	Mixed Fruit	10	Fruit	0	Fruit	0
Cal:798 CHO:85g Na:763mg		Cal:810 CHO:80g Na:1175mg		Cal:683 CHO:80g Na:786mg		Cal:816 CHO:94g Na:1080mg		Cal:750 CHO:89g Na:909mg	
Monday 5/9		Tuesday 5/10		Wednesday 5/11		Thursday 5/12		Friday 5/13	
Breaded Catfish	<u>NA+</u> 350	Pot Roast w/Brown Gravy	<u>NA+</u> 273	Orange Chicken*	<u>NA+</u> 597	<span style="color: red;">High Sodium Meal</span> Pork Chopette Marsala	<u>NA+</u> 775	Balsamic Chicken	<u>NA+</u> 444
Macaroni & Cheese	338	Red Skin Mashed Potatoes	267	White Rice	25	w/Mushrooms*	775	Roasted Sweet Potatoes	60
Collard Greens	65	Green Beans	6	Vegetable Medley	18	Mashed Potatoes	113	Broccoli	6
Wheat Bread	135	Whole Grain Cornbread	90	Snack Loaf	90	Tuscan Vegetables	18	Wheat Bread	135
Chocolate Pudding	130	Fruit	0	Fruit	0	Wheat Roll	135	Shortbread cookie	150
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Cal:801 CHO:91g Na:1007mg		Cal:822 CHO:92g Na:1003mg		Cal:796 CHO:110g Na:885mg		Cal:850 CHO:95g Na:1398mg		Cal:744 CHO:88g Na:950mg	

**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. Ethos meals meets 1/3 of RDA.

<p><b>Nutrient Needs:</b></p> <ul style="list-style-type: none"> <li>• Fiber Male: 30 g Female: 21 g</li> <li>• Vitamin A - Males: 900 µg Females: 700 µg</li> <li>• Vitamin B12 - Males: 2.4 µg Females: 2.4 µg</li> <li>• Vitamin C - Males: 90 mg Females: 75 mg</li> <li>• Sodium - Males: 1500 mg Females: 1500 mg</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin D - Males: 51-70: 15 mg; Males: &gt;70: 20 mg Females: 51-70: 15 mg; Females &gt;70: 20 mg</li> <li>• Calcium - Males: 51-70: 1000 mg; Males &gt;70: 1200 mg Females: 1200 mg</li> <li>• Potassium - Males: 3400 mg Females: 2600 mg</li> </ul>
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**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>
Broccoli Cheddar Stuffed Chicken	410	American Chop Suey	265	Creamy Cajun Shrimp*	563	Country "Fried" Steak w/Gravy	492	Lemon Ricotta Parmesan Chicken	317
Sweet Rice	25	Elbow Macaroni	0	Cheesy Grits	116	Mashed Potatoes	113	WG Cheese Ravioli	360
Carrots	30	Broccoli	6	Mixed Vegetables	17	California Blend Vegetables	36	Green Beans w/Peppers	6
Snack Loaf	90	Wheat Roll	135	Whole Grain Cornbread	90	Wheat Roll	135	White Bread	150
Fruit	0	Cinnamon Pears	10	Fruit	0	Oatmeal Cookie	85	Fruit	0
Cal:843 CHO:106g Na:710mg		Cal:827 CHO:86g Na:749mg		Cal:757 CHO:81g Na:986mg		Cal:827 CHO:86g Na:1184mg		Cal:729 CHO:83g Na:988mg	
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>
Chicken & Garbanzo Chili	256	Pork Sausage Cacciatore*	719	WG Breaded Pollock	260	High Sodium Meal	<u>NA+</u>	Baked Chicken w/Gravy	239
Whole Grain Cornbread	90	Bowtie Pasta	0	Rice Pilaf	55	Holiday Meal	500	Mashed Potatoes	113
Tuscan Blend Vegetables	31	Carrots	30	Green Beans w/Peppers	6	Hamburger	189	Green Peas	0
Vanilla Pudding	130	Wheat Roll	135	Wheat Bread	135	Sweet Potato Tater Tots	18	Wheat Roll	135
	0	Fruit	0	Tartar Sauce	30	Vegetable Medley	230	Fruit	0
	10	Cinnamon Pears	10	Cinnamon Pears	10	Whole Wheat Bun	210		
Cal:728 CHO:91g Na:662mg		Cal:873 CHO:60g Na:1129mg		Cal:710 CHO:90g Na:638mg		Cal:787 CHO:92g Na:1387mg		Cal:742 CHO:87g Na:642mg	
Monday 5/30		Tuesday 5/31		Wednesday 5/31		Thursday 5/31		Friday 5/31	
Closed			<u>NA+</u>		<u>NA+</u>		<u>NA+</u>		<u>NA+</u>
		BBQ Pulled Pork	380	<b>A Special Focus on Select Nutrients:</b> - <b>Calcium and Vitamin D</b> 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 - <b>Vitamin B12</b> 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 - <b>Fiber</b> 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 - <b>Potassium</b> 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 - <b>Dietary fats</b> 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 Seeds: flaxseeds, chia seeds, pumpkin seeds, avocados; Vegetable oils: sunflower oil, soybean oil; Fish: Salmon, cod, sardines					
		Cheesy Scalloped Potatoes	304						
		Vegetable Medley	18						
		Wheat Bread	135						
		Fruit	0						
Cal:920 CHO:92g Na:1158mg									

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