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 be left without seeing someone at delivery.

Monday 5/2	Tuesday 5/3		Wednesday 5/4			Thursday 5/5	Friday 5/6		
	NA+		NA+		NA+		NA+		NA+
Shepherd's Pie	345	Chicken Alfredo*	605	Breaded Cod	260	Swedish Meatballs (Beef)	450	Teriyaki Chicken*	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
				Mixed Fruit	10				
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	
	NA+		NA+		NA+	High Sodium Meal	NA+		NA+
						Pork Chopette Marsala			
Breaded Catfish	350	Pot Roast w/Brown Gravy	273	Orange Chicken*	597	w/Mushrooms*	775	Balsamic Chicken	444
Macaroni & Cheese	338	Red Skin Mashed Potatoes	267	White Rice	25	Mashed Potatoes	113	Roasted Sweet Potatoes	60
Collard Greens	65	Green Beans	6	Vegetable Medley	18	Tuscan Vegetables	18	Broccoli	6
Wheat Bread	135	Whole Grain Cornbread	90	Snack Loaf	90	Wheat Roll	135	Wheat Bread	135
Chocolate Pudding	130	Fruit	0	Fruit	0	Fruit	0	Shortbread cookie	150
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.

Nutrient Needs:

- Fiber Male: 30 g Female: 21 g
- Vitamin A Males: 900 μg Females: 700 μg
- Vitamin B12 Males: 2.4 μg Females: 2.4 μg
- · Vitamin C Males: 90 mg Females: 75 mg
- Sodium Males: 1500 mg Females: 1500 mg
- 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



Monday 5/16 Tuesday 5/17 Wednesday 5/18 Thursday 5/19 Friday 5/20	Ethos Traditional Menu-May 2022											
Broccoli Cheddar Stuffed American Chop Suey 265 Creamy Cajun Shrimp* 563 Country "Fried" Steak w/Gravy 492 Lemon Ricotta Parmesan Chicken 317 Cheesy Grits 116 Mashed Potatoes 113 WG Cheese Ravioli 360 Green Beans w/Peppers 6 Mixed Vegetables 17 California Blend Vegetables 36 Green Beans w/Peppers 6 Whole Grain Cornbread 90 Otheral Cookie 85 Fruit 0 Otheral Cookie 86 Fruit 0 Otheral Cookie 85 Fruit 0 Otheral Cookie 86 Fruit 0 Otheral Cookie 135 Wheat Roll 135 Wheat Rol	Monday 5/16		Tuesday 5/17		Wednesday 5/18		Thursday 5/19		Friday 5/20			
Sweet Rice Carrots Snack Loaf Gren Beans W/Peppers Fruit O Wheat Roll Snack Loaf Fruit O Cali843 CHO:106g Na:710mg Cal:847 CHO:86g Na:749mg Cal:847 CHO:86g Na:749mg Monday 5/23 Tuesday 5/24 Wednesday 5/25 Tuesday 5/24 Wednesday 5/25 Tuesday 5/25 Whole Grain Cornbread O Read Pollock Roar Pollock O Read Roll Spot Wheat Roll Spot White Bread Tuscan Blend Vegetables Spot Wednesday 5/25 Wednesday 5/25 Wednesday 5/25 Tuesday 5/26 Wednesday 5/25 Tuesday 5/26 Wednesday 5/25 Tuesday 5/26 Wednesday 5/25 Wednesday 5/25 Thursday 5/26 Friday 5/27 Wednesday 5/26 Friday 5/27 Wednesday 5/25 Thursday 5/26 Friday 5/27 Wednesday 5/26 Wednesday 5/25 Thursday 5/26 Friday 5/27 Wednesday 5/26 Wednesday 5/25 Wednesday 5/25 Thursday 5/26 Friday 5/27 Wednesday 5/26 Friday 5/27 Wednesday 5/26 Wednesday 5/25 Wednesday 5/25 Thursday 5/26 Friday 5/27 Wednesday 5/26 Friday 5/27 Wednesday 5/26 Wednesday 5/25 Hamburger Soo Mashed Potatoes 113 Wheat Roll Spot Wheat Roll Spot Wheat Bread Fruit O Tartar Sauce Cinnamon Pears 10 Chocolate Cupcake 210 Cal:728 CHO:91g Na:662mg Monday 5/30 Tuesday 5/31 Closed Wheat Bread Fruit BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit BBQ Pulled Pork Cheesy Scallope	Broccoli Cheddar Stuffed	NA+		NA+		NA+		NA+		<u>NA+</u>		
Carrots 30 Broccoli 6 Mixed Vegetables 17 California Blend Vegetables 36 Green Beans w/Peppers 6 Fruit 0 O Armeal Cookie 85 Fruit 150 O Armeal Cookie 85 Fruit 15	Chicken	410	American Chop Suey	265	Creamy Cajun Shrimp*	563	Country "Fried" Steak w/Gravy	492	Lemon Ricotta Parmesan Chicken	317		
Snack Loaf Fruit O Wheat Roll Fruit O Cal:843 CHO:106g Na:710mg Cal:827 CHO:86g Na:749mg Cal:827 CHO:86g Na:98mg Cal:827 CHO:826g Na:98mg Cal:827 CHO:826g Na:98mg Cal:827 CHO:826g	Sweet Rice	25	Elbow Macaroni	0	Cheesy Grits	116	Mashed Potatoes	113	WG Cheese Ravioli	360		
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 Chicken & Garbanzo Chilli Whole Grain Cornbread 99 Pork Sausage Cacciatore* 719 WG Breaded Pollock 260 Holiday Meal Baked Chicken w/Gravy 239 Bowtie Pasta 0 Rice Pilaf 55 Hamburger 500 Mashed Potatoes 113 Carrots 30 Green Beans w/Peppers 6 Sweet Potato Tater Tots 189 Green Peas 0 Mashed Potatoes 1135 Wheat Bread 135 Vegetable Medley 18 Wheat Roll 135 Fruit 0 Tartar Sauce 30 Whole Wheat Bun 230 Fruit 0 Closed Cal:728 CHO:91g Na:662mg Cal:737 CHO:90g Na:638mg Cal:737 CHO:92g Na:1387mg Cal:742 CHO:87g Na:642mg Monday 5/30 Tuesday 5/31 Closed BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit 135 Wheat Bread Potatoes 135 Vegetable Medley 18 Wheat Roll 135 Fruit 136 Wheat Bread Potatoes 140 Chocolate Cupcake 210 Chocolate	Carrots	30	Broccoli	6	Mixed Vegetables	17	California Blend Vegetables	36	Green Beans w/Peppers	6		
Cal:827 CHO:86g Na:749mg 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 NA+ Chicken & Garbanzo Chili Z56 Pork Sausage Cacciatore* 90 Bowtie Pasta 0 Green Beans w/Peppers 6 Sweet Potato Tater Tots 189 Green Peas 0 Ashed Potatoes 113 Wheat Roll 135 Wheat Bread 135 Wheat Bread 135 Wheat Bread 135 Whoel Wheat Bun 230 Fruit 0 Cal:729 CHO:83g Na:988mg NA+ High Sodium Meal NA+	Snack Loaf	90	Wheat Roll	135	Whole Grain Cornbread	90	Wheat Roll	135	White Bread	150		
Monday 5/23 Tuesday 5/24 Wednesday 5/25 Thursday 5/26 Friday 5/27 Mednesday 5/26 Friday 5/27 Nethelicy Med Medley Medley Medley Medley 18 Wheat Roll 135 Wheat Bread 135 Wheat Bread 135 Wheat Bread 135 Whole Wheat Bun 230 Fruit 0 Closed Medney 5/30 Tuesday 5/26 Friday 5/27 Mednesday 5/26 Holiday Medl Wednesday 5/26 Holiday Medl Baked Chicken w/Gravy 239 Medney 138 Green Peas 0 Meat Roll 135 Wheat Bread 135 Wheat Bread 135 Whole Wheat Bun 230 Fruit 0 Closed BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit 188 A special Focus on Select Nutrients: Calcium and Vitamin Dare Now microoutrients 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: Broccoil, kale, spinach, bok choy, collard greens, Low-fat or fat-free dairy products, Fortified foods: cereals, vitamin B12 plays a role in red blood cell production and neurological fuction. It is an important microoutrient for older adults Low intakes of calcium and vitamin D can contribute to bone loss and osteoporosis. Food sources are: Broccoil, kale, spinach, bok choy, collard greens, Low-fat or fat-free dairy products, foot sources are: Whole grains: whence broad, brown rice, out, nut, joint, liver, beef, silmon, tuna,	Fruit	0	Cinnamon Pears	10	Fruit	0	Oatmeal Cookie	85	Fruit	0		
Chicken & Garbanzo Chili	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			
Chicken & Garbanzo Chili Whole Grain Cornbread Tuscan Blend Vegetables Vanilla Pudding Tuscan Blend Vegetable Medley Vegetable	Monday 5/23		Tuesday 5/24		Wednesday 5/25		Thursday 5/26		Friday 5/27			
Whole Grain Cornbread Tuscan Blend Vegetables Vanilla Pudding 130 Wheat Roll 135 Wheat Roll 135 Fruit Cal:728 CHO:91g Na:662mg Monday 5/30 Closed BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit NA+ 380 Closed NA+ 380 Closed NA+ 380 Closed Wheat Bread Fruit NA+ 380 Closed NA+ 3				NA+			<u>High Sodium Meal</u>	<u>NA+</u>				
Tuscan Blend Vegetables Vanilla Pudding 31 Carrots Wheat Roll Sweet Potato Tater Tots Vegetable Medley Wheat Roll Tartar Sauce Signature Cal:728 CHO:91g Na:662mg Cal:873 CHO:60g Na:1129mg Cal:873 CHO:60g Na:1129mg Cal:873 CHO:60g Na:1129mg Cal:710 CHO:90g Na:638mg Cal:774 CHO:92g Na:1387mg Cal:774 CHO:92g Na:1387mg Cal:774 CHO:87g Na:642mg Monday 5/30 Tuesday 5/31 Closed BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit Holiday meals will be sent out the week of 5/23/2022. Holiday meals will be sent out the week of 5/23/2022.	Chicken & Garbanzo Chili	256	Pork Sausage Cacciatore*	719	WG Breaded Pollock	260	Holiday Meal		Baked Chicken w/Gravy	239		
Vanilla Pudding 130 Wheat Roll Fruit 135 Wheat Bread Cinnamon Pears 10 Chocolate Cupcake 210 Fruit 135 Wheat Roll 135 Wheat Bread Cinnamon Pears 10 Chocolate Cupcake 210 Fruit 135 Wheat Roll 135 Wheat Roll 135 Whole Wheat Bun 230 Fruit 136 Chocolate Cupcake 210 137 Chocolate Cupcake 210 138 Wheat Roll 139 Fruit 139 Cal:728 CHO:91g Na:662mg 130 Cal:742 CHO:87g Na:642mg 131 Cal:742 CHO:87g Na:642mg 130 Cal:742 CHO:87g Na:642mg 131 Chocolate Cupcake 210 130 Cal:742 CHO:87g Na:642mg 130 Cal:742 CHO:87g Na:642mg 131 Chocolate Cupcake 210 131 Chocolate Cupcake 210 132 Cal:742 CHO:87g Na:642mg 133 Cal:742 CHO:87g Na:642mg 134 Chocolate Cupcake 210 135 Chocolate Cupcake 210 136 Chocolate Cupcake 210 137 Chocolate Cupcake 210 138 Chocolate Cupcake 210 139 Cal:742 CHO:87g Na:642mg 140 Chocolate Cupcake 210 140 Chocolate Cupcake	Whole Grain Cornbread	90	Bowtie Pasta	0	Rice Pilaf	55	Hamburger	500	Mashed Potatoes	113		
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 Closed BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit Bruit 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 continue 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 Wheat Bread Fruit Holiday meals will be sent out the week of 5/23/2022. Holiday meals will be sent out the week of 5/23/2022.	Tuscan Blend Vegetables	31	Carrots	30	Green Beans w/Peppers	6	Sweet Potato Tater Tots	189	Green Peas	0		
Cal:728 CHO:91g Na:662mg Cal:873 CHO:60g Na:1129mg Cal:710 CHO:90g Na:638mg Cal:710 CHO:90g Na:638mg Cal:787 CHO:92g Na:1387mg Cal:742 CHO:87g Na:642mg Monday 5/30 Tuesday 5/31 Closed BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit Wheat Bread Fruit Holiday meals will be sent out the week of 5/23/2022. Cal:710 CHO:90g Na:638mg Cal:710 CHO:90g Na:638mg Cal:787 CHO:92g Na:1387mg Cal:787 CHO:92g Na:1387mg Cal:742 CHO:87g Na:642mg Cal:740 CHO:90g Na:638mg Cal:740 CHO:90g Na:1387mg Cal:740 CHO:90g Na:1387mg Cal:740 CHO:90g Na:638mg Cal:740 CHO:90g Na:1387mg Cal:740 CHO:90g Na:642mg NA+ 380 304 304 304 304 304 305 304 306 307 307 308 309 309 309 309 309 309 309 309 309 309	Vanilla Pudding	130	Wheat Roll	135	Wheat Bread	135	Vegetable Medley	18	Wheat Roll	135		
Cal:728 CHO:91g Na:662mg Monday 5/30 Tuesday 5/31 BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit Holiday meals will be sent out the week of 5/23/2022. Cal:710 CHO:90g Na:638mg Cal:710 CHO:90g Na:638mg Cal:787 CHO:92g Na:1387mg Cal:742 CHO:87g Na:642mg Cal:742 CHO:87g Na:64mg Cal:742 CHO:87g Na:64			Fruit	0	Tartar Sauce	30	Whole Wheat Bun	230	Fruit	0		
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BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit Holiday meals will be sent out the week of 5/23/2022. Holiday meals will be sent out the week of 5/23/2022. BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread Fruit 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 - 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 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	Cal:728 CHO:91g Na:662mg	Н	Cal:873 CHO:60g Na:1129mg		Cal:710 CHO:90g Na:638mg		Cal:787 CHO:92g Na:1387mg		Cal:742 CHO:87g Na:642mg	\vdash		
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Cal:920 CHO:92g Na:1158mg	Closed Wholiday meals will be sent out		BBQ Pulled Pork Cheesy Scalloped Potatoes Vegetable Medley Wheat Bread	380 304 18 135 0	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 - 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							
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