

Ethos Vegetarian 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. 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	
Roasted Chickpeas w/ Gravy	NA+ 312	Vegetarian Carbonara w/ Parmesan & Mozzarella	NA+ 250	Sweet Corn Fritter w/ Herb Aioli	NA+ 363	Swedish Meatballs (Vegetarian)	NA+ 460	Teriyaki Tofu *	NA+ 566
Mashed Potatoes	113	Whole Grain Pasta	0	Roasted Potatoes	115	Egg Noodles	5	White Rice	25
Zucchini & Brussel Sprouts	17	Broccoli	6	California Blend Vegetables	36	Vegetable Medley	18	Brussel Sprouts	23
Whole Grain Biscuit	90	Wheat Roll	135	Wheat Bread	135	Wheat Roll	135	Wheat Bread	135
Fruit	0	Fruit	0	Fruit	0	Chocolate Chip Cookie	85	Fruit	0
Cal:695 CHO:102g Na:687mg		Cal:705 CHO:90g Na:546mg		Cal:821 CHO:77g Na:804mg		Cal:890 CHO:105g Na:1090mg		Cal:689 CHO:90g Na:904mg	
Monday 5/9		Tuesday 5/10		Wednesday 5/11		Thursday 5/12		Friday 5/13	
Veggie Crumble	NA+ 200	Veggie Sausage w/ Brown Gravy*	NA+ 587	Orange Vegan Bites	NA+ 375	Veggie Sausage Marsala w/Mushrooms*	NA+ 532	3 Bean Balsamic & Artichoke s	NA+ 385
Macaroni & Cheese	338	Red Skin Mashed Potatoes	267	White Rice	25	Mashed Potatoes	113	Roast 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:1023mg		Cal:678 CHO:73g Na:1105mg		Cal:778 CHO:109g Na:663mg		Cal:684 CHO:84g Na:953mg		Cal:775 CHO:79g Na:891mg	

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:	
<ul style="list-style-type: none">Fiber Male: 30 g Female: 21 gVitamin A - Males: 900 ug Females: 700 ugVitamin B12 - Males: 2.4 ug Females: 2.4 ugVitamin C - Males: 90 mg Females: 75 mgSodium - 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 mgCalcium - Males: 51-70: 1000 mg; Males >70: 1200 mg Females: 1200 mgPotassium - Males: 3400 mg Females: 2600 mg




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

Ethos Vegetarian HDM Menu-May 2022

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>
Veggie Fritters	212	Vegetarian Chop Suey w/ Cheese*	525	Creamy Cajun Beans	402	Veggie Meatballs w/Gravy	460	Whole Grain Cheese Ravioli	360
Sweet Rice	25	Elbow Macaroni	0	Cheesy Grits	116	Mashed Potatoes	113	w/Lemon Ricotta Cream Sauce	212
Green Peas	6	Broccoli	6	Mixed Vegetables	17	California Blend Vegetables	30	Green Beans w/Peppers	17
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	105	Fruit	0
Cal:798 CHO:123g Na:488mg		Cal:688 CHO:86g Na:831mg		Cal:772 CHO:87g Na:825mg		Cal:750 CHO:82g Na:1126mg		Cal:772 CHO:87g Na:894mg	894

Monday 5/23		Tuesday 5/24		Wednesday 5/25		Thursday 5/26		Friday 5/27	
	<u>NA+</u>		<u>NA+</u>		<u>NA+</u>	Holiday Meal (High Sodium Day)	<u>NA+</u>		<u>NA+</u>
Garbanzo Bean Chili	315	Veggie Sausage Cacciatore *	551	Breaded Vegan Nuggets	375	Veggie Burger w/Cheese	392	Chik' Cutlet w/ Gravy	351
Whole Grain Cornbread	90	Bowtie Pasta	0	Rice Pilaf	55	Sweet Potato Tater Tots	189	Mashed Potatoes	113
Tuscan Blend Vegetables	31	Carrots	30	Green Beans w/Peppers	6	Vegetable Medley	18	Green Peas	0
Vanilla Pudding	130	Wheat Roll	135	Wheat Bread	135	Whole Wheat Bun	230	Wheat Roll	135
		Fruit	0	BBQ Dipping Sauce	210	Chocolate Cupcake	210	Fruit	0
				Cinnamon Pears	10	Ketchup	85		
Cal:690 CHO:92g Na:721mg		Cal:707 CHO:74g Na:871mg		Cal:705 CHO:98g Na:946mg		Cal:732 CHO:109g Na:1279mg		Cal:677 CHO:97g Na:754mg	

Monday 5/30		Tuesday 5/31	
<p>Closed</p>  <p><i>Holiday meals will be sent out the week of 5/23/2022.</i></p>		<p>BBQ Tofu</p> <p>Cheesy Scalloped Potatoes</p> <p>Wheat Bread</p> <p>Fruit</p>	<p>NA+</p> <p>422</p> <p>304</p> <p>135</p> <p>0</p>
		Cal:812 CHO:88g Na:1200mg	<p>A Special Focus on Select Nutrients:</p> <p>- 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</p> <p>- 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</p>

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 are: Nuts 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