**Ethos Menu-July 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= 30 mg sodium

All nutrition information was provided by Ethos’ Community Dietitian.

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

Menu subject to change.

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**Ethos Annual Survey**

In the month of July you will receive a Home Delivered Meals survey. In order to provide you with the best service, please complete the following survey by July 15th, 2022. Your answers are anonymous and confidential. We value your input. Please give the complete survey to your Home Delivered Meals Driver or mail the survey to Ethos at 555 Amory St Jamaica Plain, 02130.

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**Hydration is important!**

As the warm weather starts rolling in, hydration is an important factor for your health. Dehydration occurs when the body does not have enough water to meet its needs. Signs of dehydration are: thirst, dry mouth, going long periods without using the bathroom, dark yellow urine, headache, muscle cramps, dizziness, rapid heartbeat, rapid breathing, nausea, and fainting. Some ways to help prevent dehydration this summer are: carrying water bottle with you, drinking a minimum of 8-8 ounce glasses of water a day, eat a variety of fruits and vegetables, and always having a glass of water at mealtimes. Remember when you notice your mouth is dry, you are most likely already dehydrated and need to drink more water. Other liquids that will help keep us hydrated are juice, seltzer, flavored water, and Gatorade, while coffee and tea can be more dehydrating than hydrating for our bodies.

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**Fourth of July Holiday**

Holiday meals for delivered the week of June 27th, 2022.

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**Calories:** 712  **Na:** 1482

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**Friday 7/1**

- **High Sodium Day**
  - Beef Hot Dog 490
  - Hot Dog Bun 210
  - Tater Tots 370
  - Roasted Brussels Sprouts 14
  - Ketchup & Mustard Pkts 137
  - Fruit Snack n’ Loaf Muffin 102

- **Calories:** 787  **Na:** 1016

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**Thursday 7/7**

- Cheese Tortellini w/ Chicken 595
  - w/ Tomato Cream Sauce 180
  - Italian Blend Vegetables 37
  - Dinner Roll 300
  - Dessert Bar 35

- **Calories:** 994  **Na:** 1128

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**Friday 7/8**

- Roast Pork Tenderloin 66
  - w/ LS Gravy 60
  - Parsley Potatoes 6
  - Steamed Broccoli 22
  - Wheat Bread 170
  - Applesauce Cup 14

- **Calories:** 899  **Na:** 499

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<table>
<thead>
<tr>
<th>Monday 7/11</th>
<th>Tuesday 7/12</th>
<th>Wednesday 7/13</th>
<th>Thursday 7/14</th>
<th>Friday 7/15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamburger w/ Bun</td>
<td>575</td>
<td>Rotisserie BBQ Chicken</td>
<td>230</td>
<td>Cheese Lasagna</td>
</tr>
<tr>
<td>Seasoned Potato Wedges</td>
<td>267</td>
<td>w/ Fiesta Rice</td>
<td>148</td>
<td>w/ Meat Sauce</td>
</tr>
<tr>
<td>Asparagus</td>
<td>3</td>
<td>Buttered Green Beans</td>
<td>4</td>
<td>Sautéed Spinach w/ Garlic</td>
</tr>
<tr>
<td>Raisins</td>
<td>4</td>
<td>Biscuit</td>
<td>267</td>
<td>Wheat Dinner Roll</td>
</tr>
<tr>
<td>Ketchup Pkt</td>
<td>82</td>
<td>Fig Bar</td>
<td>35</td>
<td>Fresh Orange</td>
</tr>
</tbody>
</table>

Calories: 820   Na: 1091
Calories: 835   Na: 844
Calories: 833   Na: 1165
Calories: 792   Na: 1178
Calories: 924   Na: 735

<table>
<thead>
<tr>
<th>Monday 7/18</th>
<th>Tuesday 7/19</th>
<th>Wednesday 7/20</th>
<th>Thursday 7/21</th>
<th>Friday 7/22</th>
</tr>
</thead>
<tbody>
<tr>
<td>Italian Sausage</td>
<td>751</td>
<td>Chicken Piccata</td>
<td>324</td>
<td>French Toast Sticks</td>
</tr>
<tr>
<td>w/ Peppers &amp; Onions</td>
<td>5</td>
<td>w/ Lemon Caper Sauce</td>
<td>179</td>
<td>Turkey Sausage Patty</td>
</tr>
<tr>
<td>Parsley Potatoes</td>
<td>6</td>
<td>Mushroom Risotto</td>
<td>64</td>
<td>Potato Puffs</td>
</tr>
<tr>
<td>Italian Green Beans</td>
<td>4</td>
<td>w/ Peas and Broccoli</td>
<td>64</td>
<td>Spinach w/ Tomato &amp; Cheese</td>
</tr>
<tr>
<td>Breadstick</td>
<td>130</td>
<td>Biscuit</td>
<td>151</td>
<td>Apple sauce Cup</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>1</td>
<td>Chocolate Pudding</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Mustard Pkt.</td>
<td>55</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Calories: 869   Na: 1107
Calories: 706   Na: 1030
Calories: 806   Na: 908
Calories: 879   Na: 772
Calories: 851   Na: 1111

<table>
<thead>
<tr>
<th>Monday 7/25</th>
<th>Tuesday 7/26</th>
<th>Wednesday 7/27</th>
<th>Thursday 7/28</th>
<th>Friday 7/29</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meatloaf</td>
<td>187</td>
<td>Grilled Chicken Fajitas</td>
<td>552</td>
<td>Cheese Ravioli</td>
</tr>
<tr>
<td>w/ LS Gravy</td>
<td>53</td>
<td>w/ Sauced Peppers &amp; Onions</td>
<td>36</td>
<td>Italian Blend Vegetables</td>
</tr>
<tr>
<td>Mashed Potatoes</td>
<td>48</td>
<td>Tomato Rice w/ Black Beans</td>
<td>28</td>
<td>Breadstick</td>
</tr>
<tr>
<td>Green Peas</td>
<td>62</td>
<td>Mixed Vegetables</td>
<td>28</td>
<td>Raisins</td>
</tr>
<tr>
<td>Wheat Dinner Roll</td>
<td>338</td>
<td>Biscuit</td>
<td>267</td>
<td></td>
</tr>
<tr>
<td>Fresh Orange</td>
<td>4</td>
<td>Cinnamon Apple Bar</td>
<td>90</td>
<td></td>
</tr>
</tbody>
</table>

Calories: 807   Na: 852
Calories: 784   Na: 1133
Calories: 729   Na: 817
Calories: 751   Na: 994
Calories: 904   Na: 1089

<table>
<thead>
<tr>
<th>Outdoor Cookouts &amp; Food Safety</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whether it’s the 4th of July or a family reunion, gathering around the table for a picnic or barbecue on a warm day is the joy of summertime. However, if some of our favorite foods – grilled meat, potato salad, or baked beans – sit out longer than two hours, it can become carriers of bacteria and food-borne illnesses. Here are three tips to use before attending your next cookout:</td>
</tr>
<tr>
<td><strong>Cleanliness</strong>: Wash your hands with hot, soapy water after handling raw meat and before eating.</td>
</tr>
<tr>
<td><strong>Temperature Safety</strong>: Keep the hot foods in the oven or on the grill, and the cold foods on ice.</td>
</tr>
<tr>
<td><strong>Food Safety 101</strong>: No matter how good it looks, when in doubt, throw it out!</td>
</tr>
</tbody>
</table>

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