## 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.

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.** 

								Friday 7/1	
Ethos Annual Survey								High Sodium Day	Na+
In the month of July you will receive a Home Delivered Meals survey. In order to provide you with the best								Beef Hot Dog	490
								Hot Dog Bun	210
service, please complete the following survey by July 15th, 2022. Your answers are anonymous and confidential.								Tater Tots	370
We value your input. Please give the complete survey to your Home Delivered Meals Driver or mail the survey								Roasted Brussels Sprouts	14
to Ethos at 555 Amory St Jamaica Plain, 02130.							Ketchup & Mustard Pkts	137	
	51.30							Fruit Snack n' Loaf Muffin	102
								Calories: 712 Na: 1482	
Monday 7/4		Tuesday 7/5		Wednesday 7/6		Thursday 7/7		Friday 7/8	
CLOSED	Na+		Na+		Na+		Na+		Na+
Fourth of July Holiday		Broccoli and Cheese Chicken	410	Pollock w/ Breadcrumbs	251	Cheese Tortellini w/ Chicken	595	Roast Pork Tenderloin	66
Holiday meals for delivered the		w/ LS Gravy	32	Lemon Wedge		w/ Tomato Cream Sauce	180	w/ LS Gravy	60
week of June 27th, 2022.		Dirty Rice	44	O'Brien Potatoes	25	Italian Blend Vegetables	37	Parsley Potatoes	6
		Mixed Vegetables	28	Brussels Sprouts	14	Dinner Roll	300	Steamed Broccoli	22
		Wheat Dinner Roll	338	Breadstick	130	Dessert Bar	35	Wheat Bread	170
		Fresh Orange	4	Break Bar	35			Applesauce Cup	14
		Calories: 787 Na: 1016		Calories: 737 Na: 614		Calories: 994 Na: 1128		Calories: 899 Na: 499	

## 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.

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

				<b>Ethos Menu-July</b>	202	2			
Monday 7/11		Tuesday 7/12		Wednesday 7/13		Thursday 7/14		Friday 7/15	
	Na+		Na+		Na+		Na+		Na+
Hamburger w/ Bun	575	Rotisserie BBQ Chicken	230	Cheese Lasagna	400	Breaded Chicken Tenders	573	Lemon Garlic Beef	296
Seasoned Potato Wedges	267	w/ Fiesta Rice	148	w/ Meat Sauce	153	Peas and Carrots	28	w/ Roasted Rosemary Potatoes	25
Asparagus	3	Buttered Green Beans	4	Sautéed Spinach w/ Garlic	109	Mashed Sweet Potatoes	267	Sliced Zucchini and Squash	11
Raisins	4	Biscuit	267	Wheat Dinner Roll	338	w/ LS Gravy	19	Breadstick	130
Ketchup Pkt	82	Fig Bar	35	Fresh Orange	4	Breadstick	130	Chewy Granola Bar	110
						Fresh Apple	1		•
Calories: 820 Na: 1091		Calories: 835 Na: 844		Calories: 833 Na: 1165		Calories: 792 Na: 1178		Calories: 924 Na: 735	_
Monday 7/18		Tuesday 7/19		Wednesday 7/20		Thursday 7/21		Friday 7/22	
Italian Sausage	751	Chicken Piccata	324	French Toast Sticks	300	Rigatoni Bolognese	266	Stuffed Chicken Cordon Royale	550
w/ Peppers & Onions		w/ Lemon Caper Sauce	179	Turkey Sausage Patty	217	Asparagus	3	w/ LS Gravy	32
Parsley Potatoes	6	Mushroom Risotto	64	Potato Puffs	39	Wheat Dinner Roll	338	Rice Pilaf	30
Italian Green Beans	4	w/ Peas and Broccoli		Spinach w/ Tomato & Cheese	156	Fresh Orange	4	Green Beans	4
Breadstick	130	Breadstick	64	Maple Syrup	23			Dinner Roll	300
Fresh Fruit	1	Chocolate Pudding	151	Applesauce Cup	14			Sugar-Free Cookie	70
Mustard Pkt.	55								
Calories: 869 Na: 1107		Calories: 706 Na: 1030		Calories: 806 Na: 908		Calories: 879 Na: 772		Calories: 851 Na: 1111	
Monday 7/25		Tuesday 7/26		Wednesday 7/27		Thursday 7/28		Friday 7/29	
	Na+		Na+		Na+		Na+		Na+
Meatloaf	187	Grilled Chicken Fajitas	552	Cheese Ravioli	190	Pulled Roasted Chicken Marsala	226	Carved Roasted Turkey	527
w/ LS Gravy	53	w/ Sauced Peppers & Onions		w/ Meat Sauce	153	Roasted n' Smashed Potatoes	209	w/ LS Gravy	60
Mashed Potatoes	48	Tomato Rice w/ Black Beans	36	Italian Blend Vegetables	37	Diced Carrot	97	Scallop Potatoes	47
Green Peas	62	Mixed Vegetables	28	Breadstick	130	Dinner Roll	300	California Blend Vegetables	27
Wheat Dinner Roll	338	Biscuit	267	Raisins	4	Fresh Apple	1	Herb Stuffing	267
Fresh Orange	4	Cinnamon Apple Bar	90					Strawberry Yogurt Cup	
Calories: 807 Na: 852		Calories: 784 Na: 1133		Calories: 729 Na: 817		Calories: 751 Na: 994		Calories: 904 Na: 1089	

**Outdoor Cookouts & Food Safety** 

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:

1. Cleanliness: Wash your hands with hot, soapy water or use sanitizer after handling raw meat and before eating.

2. **Temperature Safety**: Keep the hot foods in the oven or on the grill, and the cold foods on ice.

3. Food Safety 101: No matter how good it looks, when in doubt, throw it out!

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