

Ethos Menu-June 2022



A suggested donation of \$2.00 is requested. Each meal includes low fat milk and margarine. Calories for the total meal (including milk and margarine) are listed for each day. Milligrams of sodium are listed for 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 **Ethos Community Dietitian**.
Milk= 125mg sodium. Margarine= 30 mg sodium.
Menu subject to change.
 Thank you

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.


	Wednesday 6/1	Thursday 6/2	Friday 6/3																																								
Ani Aroian, MPH, RDN, is Ethos' new Community Dietitian. Ani is a graduate from the dual dietetic internship and Master's in public health promotions program from UT Health at Houston. Ani's professional interests include adult and geriatric care, metabolic syndromes, gastrointestinal health and sustainability. When Ani is not in the office, she is scoping out new coffee shops, spending time with friends and family, and planning her next vacation trip. <i>If you have any nutrition questions, please call Ani at 617-477-6923.</i>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>BBQ Rotisserie Chicken</td><td style="text-align: right;">Na+ 478</td></tr> <tr><td>over Yellow Rice</td><td style="text-align: right;">50</td></tr> <tr><td>Black Beans</td><td></td></tr> <tr><td>Buttered Green Beans</td><td style="text-align: right;">67</td></tr> <tr><td>Biscuit</td><td style="text-align: right;">267</td></tr> <tr><td>Fig Bar</td><td style="text-align: right;">35</td></tr> <tr><td>Calories: 882 Na:1057mg</td><td></td></tr> </table>	BBQ Rotisserie Chicken	Na+ 478	over Yellow Rice	50	Black Beans		Buttered Green Beans	67	Biscuit	267	Fig Bar	35	Calories: 882 Na:1057mg		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Cheese Lasagna</td><td style="text-align: right;">Na+ 400</td></tr> <tr><td>w/ Meat Sauce</td><td style="text-align: right;">153</td></tr> <tr><td>Sautéed Spinach w/ Garlic</td><td style="text-align: right;">109</td></tr> <tr><td>Wheat Dinner Roll</td><td style="text-align: right;">338</td></tr> <tr><td>Orange</td><td style="text-align: right;">4</td></tr> <tr><td>Calories: 752 Na: 959mg</td><td></td></tr> </table>	Cheese Lasagna	Na+ 400	w/ Meat Sauce	153	Sautéed Spinach w/ Garlic	109	Wheat Dinner Roll	338	Orange	4	Calories: 752 Na: 959mg		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>WG Breaded Chicken Bites</td><td style="text-align: right;">Na+ 321</td></tr> <tr><td>Mashed Potatoes</td><td style="text-align: right;">48</td></tr> <tr><td>w/ LS Gravy</td><td style="text-align: right;">19</td></tr> <tr><td>Lima Beans</td><td style="text-align: right;">59</td></tr> <tr><td>Breadstick</td><td style="text-align: right;">130</td></tr> <tr><td>Red Apple</td><td style="text-align: right;">2</td></tr> <tr><td>Calories: 803 Na: 739mg</td><td></td></tr> </table>	WG Breaded Chicken Bites	Na+ 321	Mashed Potatoes	48	w/ LS Gravy	19	Lima Beans	59	Breadstick	130	Red Apple	2	Calories: 803 Na: 739mg	
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The summer season is upon us—it's about time we get out and soak up the sun! As we age, making sure you are getting enough Vitamin D is important. The Recommended Dietary Allowance is 600-800 IU or 15-20mcg per day for older adults. One way to get Vitamin D is through direct contact with the sun. Skin in direct contact with the sun for 15-30 minutes per day can help recharge vitamin D stores and maintain bone health. This can be as simple as sitting on the front porch or taking a walk. Whichever you prefer, go enjoy that sunshine! Another way to incorporate more vitamin D is through our food. To incorporate more foods high in vitamin D, try including these foods: fortified vitamin D products (milk, soy milk, orange juice, cereals), salmon or trout, canned tuna or sardines, eggs, mushrooms, broccoli, and lentils.

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

Ethos Menu-June 2022

Monday 6/13		Tuesday 6/14		Wednesday 6/15		Thursday 6/16		Friday 6/17	
Meatloaf w/ LS Gravy	Na+	Teriyaki Grilled Chicken	Na+	Cheese Ravioli	Na+	Pulled Chicken Marsala	Na+	High Sodium Day	Na+
Mashed Potatoes	182	over Asian Brown Rice	508	w/ Tomato Sauce	190	Rosemary Roasted Potato	226	Sliced Turkey Roast	462
Green Peas	48	Asian Vegetable Blend	42	Lima Beans	142	Spinach	25	w/ LS Gravy	32
Wheat Dinner Roll	58	Breadstick	15	Wheat Dinner Roll	59	Dinner Roll	109	Scalloped Potatoes	333
Orange	338	Apple Cinnamon Bar	130	Raisins	300	Apple	300	Butternut Squash	2
	4		90		4		1	Herb Stuffing	267
								Strawberry Yogurt Cup	0
Calories:823 Na: 791mg		Calories: 713 Na: 946		Calories: 778 Na: 855mg		Calories: 767 Na: 822mg		Calories: 778 Na: 1256mg	
Monday 6/20		Tuesday 6/21		Wednesday 6/22		Thursday 6/23		Friday 6/24	
CLOSED		Na+	Na+	Na+	Na+	Na+	Na+	Na+	Na+
		Beef Hot Dog	490	Stuffed Chicken	410	Baked Macaroni & Cheese	487	Rotisserie Chicken Pot Pie	321
		w/ Hot Dog Bun	190	w/ Broccoli & Cheese		w/ Stewed Tomatoes	191	w/ LS Gravy	32
		Cauliflower & Red Peppers	13	Cream Sauce	60	Steamed Broccoli	22	Mashed Potatoes	48
		Baked Beans	140	Potato Puffs	39	Biscuit	267	Buttered Corn	45
		Ketchup & Mustard Pkt	137	Mixed Vegetables	28	Fig Bar	35	Biscuit	267
	Fresh Pear	2	Wheat Dinner Roll	130			Strawberry Bar	85	
			1	Fresh Apple					
Calories: 682 Na: 842mg		Calories: 688 Na: 1132mg		Calories: 905 Na: 828mg		Calories: 703 Na: 1153mg		Calories: 906 Na: 909mg	
Monday 6/27		Tuesday 6/28		Wednesday 6/29		Thursday 6/30			
Na+	Na+	Na+	Na+	Na+	Na+	Na+	Na+		
Stuffed Pasta Shells	340	Swedish Meatballs	128	BBQ Pulled Pork	220	Cheese Mini Ravioli	190		
w/ Meat sauce	153	w/ LS Gravy	81	Parsley Cous Cous	47	w/ Cream Sauce	60		
Cubed Carrots	55	White Rice	16	Green Beans	3	Spinach	109		
Breadstick	130	Green Peas & Onions	62	Wheat Bread	338	Wheat Dinner Roll	300		
Fresh Orange	4	Biscuit	267	Apple Sauce Cup	14	Raisins	4		
		Oatmeal Raisin Cookie	72						
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