

Ethos Traditional 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 City Fresh foods.
Milk= 125mg sodium. Margarine= 35 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>				Breaded Cod		NA+	Swedish Meatballs (Beef)		NA+	BBQ Chicken		NA+			
				Roasted Potatoes		260	Egg Noodles		450	White Rice		541			
				California Blend Vegetables		115	Vegetable Medley		5	Brussel Sprouts		25			
				Wheat Bread		36	Wheat Roll		18	Wheat Bread		23			
				Mixed Fruit		135	Chocolate Chip Cookie		135	Pineapple Tidbits		135			
						10			85			0			
				Cal:683 CHO:80g Na:786mg			Cal:736 CHO:94g Na:848mg			Cal:750 CHO:89g Na:879mg					
Monday 6/6			Tuesday 6/7			Wednesday 6/8			Thursday 6/9			Friday 6/10			
Breaded Catfish		NA+	Pot Roast w/Brown Gravy		NA+	Egg Roll Skillet w/Ground Chicken		NA+	Meatloaf w/Gravy		NA+	Balsamic Chicken		NA+	
Macaroni & Cheese		350	Red Skin Mashed Potatoes		273	White Rice		454	Mashed Potatoes		308	Roasted Sweet Potatoes		444	
Collard Greens		338	Green Beans		267	Vegetable Medley		25	Tuscan Vegetables		113	Broccoli		60	
Wheat Bread		65	Whole Grain Cornbread		6	Snack Loaf		18	Wheat Roll		18	Wheat Bread		6	
Chocolate Pudding		135	Fruit		90	Fruit		90	Mixed Fruit		135	Shortbread cookie		135	
		130			0			0			10			150	
Cal:801 CHO:91g Na:1007mg				Cal:772 CHO:92g Na:791mg				Cal:796 CHO:83g Na:742mg				Cal:770 CHO:76g Na:739mg			
												Cal:744 CHO:88g Na:950mg			

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 Traditional Menu-June 2022

Monday 6/13		Tuesday 6/14		Wednesday 6/15		Thursday 6/16		Friday 6/17	
	NA+		NA+		NA+		NA+		NA+
Broccoli Cheddar Stuffed Chicken	410	American Chop Suey	265	Creamy Cajun Shrimp	563	Holiday Meal		Turkey Bolognese	266
Sweet Rice	25	Elbow Macaroni	0	Cheesy Grits	116	Oven "Fried Chicken"	149	WG Cheese Ravioli	360
Carrots	30	Broccoli	6	Mixed Vegetables	17	Black Eyed Peas	230	Green Beans w/Peppers	6
Snack Loaf	90	Wheat Roll	135	Hawaiian Sweet Roll	80	Collards, Corn & Peppers	14	White Bread	150
Fruit	0	Cinnamon Pears	10	Fruit	0	Cornbread Loaf	90	Mixed Fruit	10
						Oatmeal Cookie	85		
Cal:843 CHO:106g Na:710mg		Cal:707 CHO:85g Na:571mg		Cal:757 CHO:81g Na:931mg		Cal:766 CHO:81g Na:723mg		Cal:729 CHO:83g Na:947mg	

Monday 6/20		Tuesday 6/21		Wednesday 6/22		Thursday 6/23		Friday 6/24	
<div>CLOSED</div> <div></div> <div>Holiday frozen meals will be delivered the week of 6/13/2022.</div>			<u>NA+</u>			<u>NA+</u>		<u>NA+</u>	
		Pork Sausage Cacciatore	719	WG Breaded Pollock	260	High Sodium Meal		Baked Chicken w/Gravy	239
		Bowtie Pasta	0	Rice Pilaf	55	Hot Dog (Beef)	540	Mashed Potatoes	113
		Carrots	30	Green Beans w/Peppers	6	Baked Beans	140	Green Peas	0
		Wheat Roll	135	Wheat Bread	135	Vegetable Medley	18	Wheat Roll	135
		Fruit	0	Cinnamon Pears	10	Hot Dog Bun	250	Fruit	0
				Tartar Sauce	85	Vanilla Cupcake	210		
					Ketchup	85			
		Cal:803 CHO:60g Na:1039mg		Cal:710 CHO:90g Na:638mg		Cal:787 CHO:92g Na:1387mg		Cal:742 CHO:87g Na:642mg	

Monday 6/27		Tuesday 6/28		Wednesday 6/29		Thursday 6/30		
Chicken & Garbanzo Chili	NA+	BBQ Pulled Pork	NA+	Country "Fried" Steak w/Gravy	NA+	Chicken Noodle Casserole	NA+	
Whole Grain Cornbread	256	Cheesy Scalloped Potatoes	380	Mashed Potatoes	492	Egg Noodles	386	
Tuscan Blend Vegetables	90	Vegetable Medley	304	California Blend Vegetables	113	Vegetable Medley	5	
Shortbread Cookie	31	Wheat Bread	18	Wheat Bread	6	WG Buttermilk Biscuit	17	
	150	Fruit	135	Mixed Fruit	135	Chocolate Chip Cookie	110	
			0		10		85	
Cal:728 CHO:91g Na:682mg		Cal:801 CHO:91g Na:992mg		Cal:787 CHO:81g Na:986mg		Cal:736 CHO:94g Na:758mg		

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