

Ethos Traditional 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

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.

Holiday Meal

	Na+
Chili Dog	540
w/ Chili Beans (contains beef)	218
Zucchini & Squash	9
Wheat Hot Dog Bun	300
Peaches	0
Ketchup	85

Cal:845 CHO:85g Na:1307mg 1307

Monday 7/4

Tuesday 7/5

Wednesday 7/6

Thursday 7/7

Friday 7/8

Monday 7/4	Na+	Tuesday 7/5	Na+	Wednesday 7/6	Na+	Thursday 7/7	Na+	Friday 7/8	Na+
CLOSED Fourth of July Holiday Holiday meals for delivered the week of June 27th, 2022.		Sloppy Joe (Turkey & Beef)	120	Breaded Cod	260	Swedish Meatballs (Beef)	365	Teriyaki Chicken	553
		Roasted Potatoes	152	Rice Pilaf	55	Egg Noodles	5	White Rice	25
		Broccoli	6	California Blend Vegetables	36	Vegetable Medley	18	Brussel Sprouts	23
		Wheat Hamburger Bun	160	Wheat Bread	135	Wheat Roll	135	Wheat Bread	135
		Fruit	0	Pudding	130	Chocolate Chip Cookie	70	Fruit	0
				Tartar Sauce	85				
		Cal:793 CHO:83g Na:593mg	593	Cal:752 CHO:94g Na:856mg	856	Cal:692 CHO:85g Na:853mg	748	Cal:645 CHO:83g Na:891mg	891

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

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Monday 7/11		Tuesday 7/12		Wednesday 7/13		Thursday 7/14		Friday 7/15	
	Na+		Na+	Cold Meal	Na+		Na+		Na+
Breaded Catfish	350	Pot Roast w/Brown Gravy	243	Chef Salad w/ Turkey & Hard Boiled Egg *	565	Pork Marsala w/Mushrooms	445	Balsamic Chicken	450
Macaroni & Cheese	323	Red Skin Mashed Potatoes	267	over Romaine Lettuce	0	Mashed Potatoes	113	Roasted Sweet Potatoes	60
Collard Greens	40	Green Beans	6	Tarragon Potato Salad	145	Mixed Vegetables	18	Broccoli	6
Wheat Bread	135	Whole Grain Cornbread	90	Wheat Roll	135	Wheat Roll	135	Wheat Bread	135
Fruit	0	Fruit	0	Homemade Banana Pudding	121	Fruit	0	Shortbread Cookie	150
Tartar Sauce	85								
Cal:912 CHO:81g Na:1088mg		Cal:744 CHO:92g Na:761mg		Cal:697 CHO:71g Na:1121mg		Cal:735 CHO:72g Na:1196mg		Cal:803 CHO:88g Na:956mg	
1088		761		1121		1320		956	
Monday 7/18		Tuesday 7/19		Wednesday 7/20		Thursday 7/21		Friday 7/22	
	Na+		Na+		Na+	High Sodium Meal	Na+		Na+
Broccoli Cheddar Stuffed Chicken	410	American Chop Suey	285	Creamy Cajun Shrimp *	563	BBQ Pulled Pork *	860	Lemon Ricotta Parmesan Chicken *	520
Sweet Rice	25	Elbow Macaroni	0	Cheesy Grits	51	Roasted Potatoes	152	WG Cheese Ravioli (3 each)	190
Carrots	32	Broccoli	6	Mixed Vegetables	17	Vegetable Medley	18	Green Beans w/Peppers	6
Snack Loaf	150	Wheat Roll	135	Whole Grain Cornbread	90	Wheat Bread	135	White Bread	150
Fruit	0	Chocolate Cupcake	210	Fruit	0	Fruit	0	Cinnamon Pears	10
Cal:835 CHO:98g Na:772mg		Cal:725 CHO:88g Na:791mg		Cal:811 CHO:100g Na:876mg		Cal:781 CHO:84g Na:1320mg		Cal:735 CHO:78g Na:1031mg	
772		791		876		1320		1031	
Monday 7/25		Tuesday 7/26		Wednesday 7/27		Thursday 7/28		Friday 7/29	
	Na+		Na+		Na+		Na+		Na+
WG Breaded Pollock	330	Cold Meal	Na+	Pork Sausage Cacciatore*	710	Baked Chicken w/Gravy	497	Country "Fried" Steak w/Gravy*	510
Rice Pilaf	55	Caprese Chicken Sandwich	430	Bowtie Pasta	0	Mashed Sweet Potatoes	37	Mashed Potatoes	113
Mixed Vegetables	17	w/ Tomato, Mozzarella & Basil	95	Carrots	30	Green Peas	6	California Blend Vegetables	36
Wheat Roll	135	Broccoli Salad	90	Wheat Bread	135	Whole Grain Cornbread	90	Wheat Roll	135
Vanilla Pudding	130	Cucumber Salad	2	Cinnamon Pears	10	Oatmeal Cookie	105	Fruit	0
Tartar Sauce	85	Whole Wheat Bun	160						
Fruit	0	Fruit	0						
Cal:745 CHO:93g Na:907mg		Cal:677 CHO:76g Na:932mg		Cal:763 CHO:70g Na:1040mg		Cal:800 CHO:98g Na:890mg		Cal:678 CHO:80g Na:949mg	
907		932		1040		890		949	

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, baked beans, blueberry pie – 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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