

# Ethos Vegetarian 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.

High Sodium Meal	Na+
Chili Veggie Dog	540
w/ Chili Beans	258
Zucchini & Squash	9
Wheat Hot Dog Bun	300
Peaches	10
Ketchup	85
<b>Cal:780 CHO:90g Na:1357mg</b>	<b>1357</b>

Monday 7/4

Tuesday 7/5

Wednesday 7/6

Thursday 7/7

Friday 7/8

	Na+		Na+		Na+		Na+		Na+
<b>CLOSED</b>		Vegetarian Sloppy Joe's	306	Veggie Fritters w/ Herb Aioli	265	Swedish Meatballs (Vegetarian)	431	Teriyaki Tofu *	575
<b>Fourth of July Holiday</b>		Roasted Potatoes	152	Rice Pilaf	55	Egg Noodles	5	White Rice	25
<b>Holiday meals for delivered the week</b>		Broccoli	6	California Blend Vegetables	36	Vegetable Medley	18	Brussel Sprouts	23
<b>of June 27th, 2022.</b>		Wheat Hamburger Bun	160	Wheat Bread	135	Wheat Roll	135	Wheat Bread	135
		Fruit	0	Pudding	130	Chocolate Chip Cookie	70	Fruit	0
		<b>Cal:800 CHO:88g Na:779mg</b>	<b>779</b>	<b>Cal:780 CHO:93g Na:776mg</b>	<b>776</b>	<b>Cal:692 CHO:90g Na:814mg</b>	<b>814</b>	<b>Cal:680 CHO:100g Na:913mg</b>	<b>913</b>

## 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**

# Ethos Vegetarian Menu-July 2022

Monday 7/11		Tuesday 7/12		Wednesday 7/13		Thursday 7/14		Friday 7/15		
	<b>Na+</b>	<b>High Sodium Meal</b>	<b>Na+</b>	<b>Cold Meal</b>	<b>Na+</b>		<b>Na+</b>		<b>Na+</b>	
Breaded Chik'n Cutlet	260	Veggie Sausage w/ Gravy	588	Chef Salad w/ Hard Boiled Egg & Cheese	294	Veggie Sausage Marsala w/ Mushrooms*	585	3 Bean Balsamic & Artichoke	385	
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	
<b>Cal:821 CHO:86g Na:913mg</b>		913	<b>Cal:777 CHO:100g Na:1106mg</b>		1106	<b>Cal:777 CHO:70g Na:850mg</b>		850	<b>Cal:676 CHO:80g Na:1006mg</b>	
<b>Cal:825 CHO:118g Na:891mg</b>						<b>Cal:825 CHO:118g Na:891mg</b>		891		
Monday 7/18		Tuesday 7/19		Wednesday 7/20		Thursday 7/21		Friday 7/22		
	<b>Na+</b>		<b>Na+</b>		<b>Na+</b>		<b>Na+</b>		<b>Na+</b>	
Falafel*	680	Vegetarian Chop Suey w/ Parmesan Cheese*	542	Creamy Cajun Beans*	570	BBQ Tofu*	524	Lemon Ricotta Parmesan White Beans	570	
Sweet Rice	25	Elbow Macaroni	0	Cheesy Grits	116	Roasted Potatoes	152	WG Cheese Ravioli (3 each)	116	
Carrots	32	Broccoli	6	Mixed Vegetables	17	Vegetable Medley	18	Green Beans w/Peppers	17	
Snack Loaf	150	Wheat Roll	135	Whole Grain Cornbread	90	Wheat Bread	135	White Bread	90	
Fruit	0	Chocolate Cupcake	210	Fruit	0	Fruit	0	Cinnamon Pears	0	
<b>Cal:876 CHO:120g Na:1042mg</b>		1042	<b>Cal:707 CHO:91g Na:1048mg</b>		1048	<b>Cal:925 CHO:121g Na:948mg</b>		948	<b>Cal:722 CHO:96g Na:984mg</b>	
<b>Cal:732 CHO:100g Na:968mg</b>						<b>Cal:732 CHO:100g Na:968mg</b>		968		
Monday 7/25		Tuesday 7/26		Wednesday 7/27		Thursday 7/28		Friday 7/29		
	<b>Na+</b>	<b>Cold Meal</b>	<b>Na+</b>		<b>Na+</b>		<b>Na+</b>		<b>Na+</b>	
Sweet Corn Fritter	207	Caprese Sandwich	273	Vegetarian Sausage Cacciatore	494	Roasted Tofu with Gravy	144	Vegan Bites w/ Gravy*	530	
Rice Pilaf	55	w/ Tomato, Mozzarella & Basil	-	Bowtie Pasta	0	Mashed Sweet Potatoes	37	Mashed Potatoes	113	
Mixed Vegetables	17	Broccoli Salad	90	Carrots	30	Green Peas	6	California Blend Vegetables	36	
Wheat Roll	135	Cucumber Salad	2	Wheat Bread	135	Whole Grain Cornbread	90	Wheat Roll	135	
Vanilla Pudding	130	Whole Wheat Bun	160	Cinnamon Pears	10	Oatmeal Cookie	105	Fruit	0	
	0	Fruit	0		0		0		0	
<b>Cal:700 CHO:87g Na:699mg</b>		699	<b>Cal:702 CHO:79g Na:680mg</b>		680	<b>Cal:688 CHO:90g Na:824mg</b>		824	<b>Cal:802 CHO:104g Na:537mg</b>	
<b>Cal:707 CHO:89g Na:969mg</b>						<b>Cal:707 CHO:89g Na:969mg</b>		969		

## 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.

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