

Ethos HDM Menu-August 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.

Monday 8/1		Tuesday 8/2		Wednesday 8/3		Thursday 8/4		Friday 8/5	
	Na+		Na+		Na+		Na+		Na+
Chicken Pot Pie	321	Beef Hot Dog	490	Broccoli and Cheese Chicken	410	Salisbury Steak	104	Baked Mac n' Cheese	538
w/ LS Gravy	19	Hot Dog Bun	190	w/ Cream Sauce	60	w/ LS Gravy	53	w/ Stewed Tomatoes	
Mashed Potatoes	48	Baked Beans	140	Potato Puffs	77	Baked Potato	287	Steamed Broccoli	22
Buttered Corn	45	Cauliflower & Red Peppers	13	Mixed Vegetables	28	Roasted Carrots	55	Wheat Roll	338
Biscuit	267	Fresh fruit	4	Strawberry Bar	85	Wheat Dinner Roll	338	Vanilla Pudding	130
Fresh Apple	1	Ketchup Pkt	82			Raisins	4		
		Mustard Pkt	55						
Calories: 826 Na: 862		Calories: 696 Na: 1134		Calories: 1009 Na: 820		Calories: 945 Na: 1001		Calories: 836 Na: 1187	
Monday 8/8		Tuesday 8/9		Wednesday 8/10		Thursday 8/11		Friday 8/12	
Stuffed Pasta Shells	340	Swedish Meatballs	213	BBQ Pulled Pork	442	Mini Cheese Ravioli	190	Balsamic Grilled Beef	461
w/ Spinach Tomato Sauce	134	w/ LS Gravy	32	w/ Parsley Cous Cous	93	w/ Parsley Cream Sauce	60	Garlic Mashed Potatoes	33
Chicken Strips	95	White Rice	33	Green Beans	8	Sautéed Spinach	109	Roasted Brussels Sprouts	14
Diced Carrot	195	Green Peas w/ Pearl Onions	62	Applesauce Cup	14	Wheat Dinner Roll	338	Wheat Bread	170
Breadstick	130	Biscuit	267			Raisins	4	Fruit Snack n' Loaf Muffin	102
Fresh Orange	4	Oatmeal Raisin Cookie	75						
Calories: 863 Na: 1058		Calories: 977 Na: 843		Calories: 720 Na: 717		Calories: 774 Na: 862		Calories: 712 Na: 940	

Summer & Fresh Foods

Summer is a fantastic season for local produce. All across Boston, farmer and mobile markets are delivering home-grown foods like lettuce, cucumbers, tomatoes, strawberries, blueberries – and more! Buying local when possible is not only good for overall health, but also for the community and economy. Some cool and simple meal ideas to incorporate fruits and veggies:

- 3 ingredient salads: wash and chop cucumber, tomato, basil w/ balsamic vinegar and oil
- Open-faced sandwich: a protein (chicken, chickpeas, or tuna) layered with lettuce and tomato on wheat bread – mayo or mustard optional!
- Berry smoothie: Blend together 1 cup milk of choice, ½ cup yogurt, handful of blueberries, and 1 banana

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

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Monday 8/15		Tuesday 8/16		Wednesday 8/17		Thursday 8/18		Friday 8/19	
	Na+		Na+		Na+	<i>High Sodium Day</i>	Na+		Na+
Beef Shepherd's Pie	405	Broccoli and Cheese Chicken	410	Pollock w/ Breadcrumbs	251	Cheese Tortellini w/ Chicken	595	Roast Pork Tenderloin	66
w/ LS Gravy	53	w/ LS Gravy	32	Lemon Wedge		w/ Tomato Cream Sauce	180	w/ LS Gravy	60
Buttered Carrot Coins	97	Dirty Rice	89	O'Brien Potatoes	50	Italian Blend Vegetables	37	Parsley Potatoes	6
Breadstick	130	Mixed Vegetables	28	Brussels Sprouts	14	Wheat Dinner Roll	338	Steamed Broccoli	22
Fresh Fruit	1	Wheat Dinner Roll	338	Break Bar	35	Applesauce Cup	14	Wheat Bread	170
		Fresh Orange	4					Apple Bar	35
Calories: 737 Na: 846		Calories: 860 Na: 1061		Calories: 721 Na: 509		Calories: 860 Na: 1325		Calories: 902 Na: 405	
Monday 8/22		Tuesday 8/23		Wednesday 8/24		Thursday 8/25		Friday 8/26	
	Na+		Na+		Na+		Na+		Na+
Hamburger w/ Bun	575	Rotisserie BBQ Chicken	230	Cheese Lasagna	400	Breaded Chicken Tenders	573	Lemon Garlic Beef	296
Potato Wedges	267	w/ Fiesta Rice	296	w/ Meat Sauce	153	Mashed Potatoes	48	w/ Roasted Rosemary Potatoes	25
Asparagus	3	Buttered Green Beans	4	Sautéed Spinach w/ Garlic	88	w/ LS Gravy	19	Sliced Zucchini and Squash	11
Raisins	4	Fig Bar	35	Breadstick	130	Peas and Carrots	28	Breadstick	130
Ketchup Pkt	82			Fresh Orange	4	Wheat Dinner Roll	338	Granola Bar	110
						Fresh Apple	1		
Calories: 820 Na: 1091		Calories: 845 Na: 725		Calories: 763 Na: 935		Calories: 707 Na: 1168		Calories: 812 Na: 731	
Monday 8/29		Tuesday 8/30		Wednesday 8/31		Thank you to all our clients who completed the surveys last month. We appreciate all the feedback and hope to continue to serve nutritious meals throughout the City of Boston. This month you will receive a produce bag delivered as part of your home delivered meals program. A letter will be distributed with more information.			
Italian Sausage	751	Chicken Piccata	324	French Toast Sticks	300				
w/ Peppers & Onions		w/ Lemon Caper Sauce	179	Turkey Sausage Patty	400				
Parsley Potatoes	13	Mushroom Risotto	64	Potato Puffs	39				
Italian Green Beans	4	w/ Peas and Broccoli		Spinach w/ Tomato & Cheese	156				
Fresh Fruit	1	Breadstick	130	Maple Syrup	23				
Mustard Pkt.	55	Chocolate Pudding	151	Applesauce Cup	14				
Calories: 972 Na: 984		Calories: 706 Na: 1030		Calories: 869 Na: 1092					

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