## Ethos Traditional 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 City Fresh Foods. To cancel a meal please call (617) 477-6606 by 9am the previous day.

### Menu subject to change.

<table>
<thead>
<tr>
<th>Day</th>
<th>Na+</th>
<th>Meal Description</th>
<th>Calories</th>
<th>CHO</th>
<th>Na (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 8/1</td>
<td>312</td>
<td>Meatloaf w/Gravy</td>
<td>312</td>
<td>0</td>
<td>840</td>
</tr>
<tr>
<td>Tuesday 8/2</td>
<td>298</td>
<td>Unstuffed Roasted Pepper Bowl</td>
<td>298</td>
<td>0</td>
<td>836</td>
</tr>
<tr>
<td>Wednesday 8/3</td>
<td>260</td>
<td>Breaded Cod</td>
<td>260</td>
<td>0</td>
<td>830</td>
</tr>
<tr>
<td>Thursday 8/4</td>
<td>365</td>
<td>Swedish Meatballs (Beef)</td>
<td>365</td>
<td>0</td>
<td>833</td>
</tr>
<tr>
<td>Friday 8/5</td>
<td>165</td>
<td>BBQ Chicken</td>
<td>165</td>
<td>0</td>
<td>734</td>
</tr>
</tbody>
</table>

**Ethos Traditional Menu-August 2022**

### 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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**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.**
## Ethos Traditional Menu-August 2022

### Monday 8/15
- **Beef Wellington**: 210 Cal, 285 CHO, 330 Na
- **Mashed Potatoes**: 115 Cal, 0 CHO, 37 Na
- **Brussel Sprouts**: 23 Cal, 18 CHO, 18 Na
- **Snack Loaf**: 150 Cal, 80 CHO, 120 Na
- **Chocolate Pudding**: 135 Cal, 0 CHO, 230 Na

### Tuesday 8/16
- **Creamy Cajun Chicken**: 135 Cal, 116 CHO, 116 Na
- **Cheesy Grits**: 6 Cal, 0 CHO, 6 Na
- **Broccoli**: 80 Cal, 6 CHO, 6 Na
- **Whole Grain Garlic Toast**: 0 Cal, 0 CHO, 0 Na
- **Fruit**: 0 Cal, 0 CHO, 0 Na

|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|

### Wednesday 8/17
- **American Chop Suey**: 285 Cal, 0 CHO, 0 Na
- **Elbow Macaroni**: 18 Cal, 18 CHO, 18 Na
- **Mixed Vegetables**: 200 Cal, 200 CHO, 200 Na
- **Vanilla Cupcake**: 230 Cal, 230 CHO, 230 Na
- **Tartar Sauce**: 85 Cal, 85 CHO, 85 Na

### Thursday 8/18
- **WG Breaded Pollock**: 330 Cal, 330 CHO, 330 Na
- **Sweet Potatoes**: 37 Cal, 37 CHO, 37 Na
- **Vegetable Medley**: 18 Cal, 18 CHO, 18 Na
- **Wheat Bread**: 135 Cal, 135 CHO, 135 Na
- **Fruit**: 0 Cal, 0 CHO, 0 Na

### Friday 8/19
- **Whole Grain Cheese Lasagna**: 380 Cal, 380 CHO, 380 Na
- **w/ Turkey Bolognese & Parm Cheese**: 250 Cal, 250 CHO, 250 Na
- **Green Beans w/Peppers**: 6 Cal, 6 CHO, 6 Na
- **White Bread**: 150 Cal, 150 CHO, 150 Na
- **Fruit**: 0 Cal, 0 CHO, 0 Na

### Monday 8/22
- **Chicken Noodle Casserole**: 85 Cal, 85 CHO, 85 Na
- **Fish Tacos w/ Lime Wedge**: 350 Cal, 350 CHO, 350 Na
- **Cilantro Lime Coleslaw**: 70 Cal, 70 CHO, 70 Na
- **Egg Noodles**: 6 Cal, 6 CHO, 6 Na
- **Flour Tortillas**: 220 Cal, 220 CHO, 220 Na

### Tuesday 8/23
- **Stewed Chicken Drumstick**: 337 Cal, 337 CHO, 337 Na
- **Pot Roast w/ Brown Gravy**: 430 Cal, 430 CHO, 430 Na
- **Red Skin Mashed Potatoes**: 267 Cal, 267 CHO, 267 Na
- **Green Beans**: 6 Cal, 6 CHO, 6 Na
- **Whole Grain Cornbread**: 90 Cal, 90 CHO, 90 Na

### Wednesday 8/24
- **Polenta**: 36 Cal, 36 CHO, 36 Na
- **Collard Greens**: 40 Cal, 40 CHO, 40 Na
- **Mixed Vegetables**: 17 Cal, 17 CHO, 17 Na
- **Wheat Roll**: 135 Cal, 135 CHO, 135 Na
- **Fruit**: 0 Cal, 0 CHO, 0 Na

### Thursday 8/25
- **Pork Sausage Cacciatore**: 765 Cal, 765 CHO, 765 Na
- **Shrimp and Grits w/ Lime Wedge**: 300 Cal, 300 CHO, 300 Na
- **Stewed Chicken Drumstick**: 337 Cal, 337 CHO, 337 Na
- **Polenta**: 36 Cal, 36 CHO, 36 Na
- **Collard Greens**: 40 Cal, 40 CHO, 40 Na

### Friday 8/26
- **Mixed Vegetables**: 17 Cal, 17 CHO, 17 Na
- **Wheat Roll**: 135 Cal, 135 CHO, 135 Na
- **Fruit**: 0 Cal, 0 CHO, 0 Na

### Friday 8/26
- **Sausage and Grits w/ Lime Wedge**: 350 Cal, 350 CHO, 350 Na
- **Polenta**: 36 Cal, 36 CHO, 36 Na
- **Spinach Salad**: 20 Cal, 20 CHO, 20 Na
- **Fruit**: 0 Cal, 0 CHO, 0 Na
- **Fruit**: 0 Cal, 0 CHO, 0 Na

### Monday 8/29
- **BBQ Pulled Pork Sandwich**: 767 Cal, 767 CHO, 767 Na
- **Cucumber Salad**: 2 Cal, 2 CHO, 2 Na
- **California Blend Vegetables**: 36 Cal, 36 CHO, 36 Na
- **Whole Grain Pita Bread**: 250 Cal, 250 CHO, 250 Na
- **Fruit**: 0 Cal, 0 CHO, 0 Na

### Tuesday 8/30
- **Greek Pasta Salad**: 381 Cal, 381 CHO, 381 Na
- **Spaghetti & Meatballs (Turkey)**: 490 Cal, 490 CHO, 490 Na
- **Cucumber Salad**: 2 Cal, 2 CHO, 2 Na
- **Tuscan Blend Vegetables**: 31 Cal, 31 CHO, 31 Na
- **Wheat Roll**: 135 Cal, 135 CHO, 135 Na

### Wednesday 8/31
- **Spaghetti & Meatballs (Turkey)**: 310 Cal, 310 CHO, 310 Na
- **Tuscan Blend Vegetables**: 31 Cal, 31 CHO, 31 Na
- **Tuscan Blend Vegetables**: 31 Cal, 31 CHO, 31 Na
- **Wheat Roll**: 135 Cal, 135 CHO, 135 Na
- **Fruit**: 0 Cal, 0 CHO, 0 Na

### High Sodium Meal
- **High Sodium Meal**: 139 Cal, 139 CHO, 139 Na
- **Cold Meal**: 133 Cal, 133 CHO, 133 Na
- **Cold Meal**: 133 Cal, 133 CHO, 133 Na
- **Cold Meal**: 133 Cal, 133 CHO, 133 Na
- **Cold Meal**: 133 Cal, 133 CHO, 133 Na

### Cal:718 CHO:95g Na:1393mg
- **Cal:750 CHO:90g Na:788mg**
- **Cal:708 CHO:87g Na:1121mg**

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