


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.

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	
Meatloaf w/Gravy	Na+ 312	Unstuffed Roasted Pepper Bowl	Na+ 298	Breaded Cod	Na+ 260	Swedish Meatballs (Beef)	Na+ 365	BBQ Chicken	Na+ 734
Mashed Potatoes	113	w/ Ground Chicken & Rice	365	Vegetable Rice Pilaf	31	Egg Noodles	5	Baked Beans	140
Tuscan Vegetables	31	Carrots	32	Kale & Peppers	14	Brussel Sprouts	23	Zucchini & Squash	9
Whole Grain Cornbread	90	Wheat Bread	135	Wheat Roll	135	Wheat Roll	135	Cornbread Loaf	90
Chocolate Pudding	135	Fruit	0	Fruit	0	Shortbread Cookie	150	Fruit	0
				Tartar Sauce	85				
Cal:840 CHO:93g Na:836mg		Cal:780 CHO:91g Na:985mg		Cal:688 CHO:84g Na:680mg		Cal:738 CHO:89g Na:833mg		Cal:745 CHO:105g Na:1128mg	

Monday 8/8		Tuesday 8/9		Wednesday 8/10		Thursday 8/11		Friday 8/12	
Fish & Chips	Na+ 260	Egg Roll Skillet w/ Ground Beef	Na+ 455	<u>Cold Meal</u>	Na+		Na+		Na+
Potato Wedges	25			Garden Salad w/ Chicken	60	Hamburger	210	Honey Garlic Pork	75
Kale, Corn & Peppers	15			Abruzzi Tortellini Pasta Salad	340	Baked Beans	140	Roasted Sweet Potatoes	60
Wheat Bread	135			Broccoli Salad	90	Carrots	32	Green Beans	6
Vanilla Pudding	130			Wheat Roll	135	Wheat Hamburger Bun	230	Wheat Bread	135
Tartar Sauce	85			Homemade Banana Pudding	121	Fruit	0	Fruit	0
						Ketchup	85		
Cal:709 CHO:90g Na:805mg		Cal:916 CHO:110g Na:803mg		Cal:732 CHO:97g Na:901mg		Cal:688 CHO:90g Na:852mg		Cal:680 CHO:80g Na:431mg	

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+		Na+		Na+
Beef Wellington	210	Creamy Cajun Chicken	135	American Chop Suey	285	WG Breaded Pollock	330	Whole Grain Cheese Lasagna	390
Mashed Potatoes	115	Cheesy Grits	116	Elbow Macaroni	0	Sweet Potatoes	37	w/ Turkey Bolognese & Parm Cheese	250
Brussel Sprouts	23	Broccoli	6	Mixed Vegetables	18	Vegetable Medley	18	Green Beans w/Peppers	6
Snack Loaf	150	Hawaiian Sweet Roll	80	Whole Grain Garlic Toast	120	Wheat Bread	135	White Bread	150
Chocolate Pudding	135	Fruit	0	Vanilla Cupcake	230	Fruit	0	Fruit	0
						Tartar Sauce	85		
Cal:886 CHO:99g Na:788mg		Cal:833 CHO:90g Na:492mg		Cal:695 CHO:78g Na:808mg		Cal:680 CHO:87g Na:760mg		Cal:685 CHO:80g Na:951mg	

Monday 8/22		Tuesday 8/23		Wednesday 8/24		Thursday 8/25		Friday 8/26	
	Na+		Na+		Na+		Na+		Na+
Chicken Noodle Casserole	85	Fish Tacos w/ Lime Wedge	350	Pot Roast w/ Brown Gravy	430	Stewed Chicken Drumstick	337	Pork Sausage Cacciatore	765
Egg Noodles	5	Cilantro Lime Coleslaw	70	Red Skin Mashed Potatoes	267	Polenta	36	Bowtie Pasta	0
Vegetable Medley	18	Corn w/ Peppers	6	Green Beans	6	Collard Greens	40	Mixed Vegetables	17
WG Buttermilk Biscuit	410	Flour Tortillas	220	Whole Grain Cornbread	90	Wheat Roll	135	Wheat Roll	135
Vanilla Pudding	130	Fruit	0	Fruit	0	Chocolate Chip Cookie	70	Fruit	0
		Tartar Sauce	85						
Cal:972 CHO:116g Na:803mg		Cal:793 CHO:101g Na:886mg		Cal:680 CHO:80g Na:948mg		Cal:745 CHO:68g Na:773mg		Cal:720 CHO:75g Na:1072mg	

Monday 8/29		Tuesday 8/30		Wednesday 8/31		
<i>High Sodium Meal</i>	Na+	<u>Cold Meal</u>	Na+		Na+	
BBQ Pulled Pork Sandwich	767	Greek Pasta Salad	381	Spaghetti & Meatballs (Turkey)	490	
Baked Beans	140	w/ Chicken, Tomatoes, Olives & Feta Cheese	-	w/ Red Sauce & Parmesan Cheese	310	
California Blend Vegetables	36	Cucumber Salad	2	Tuscan Blend Vegetables	31	
Wheat Hamburger Bun	160	Whole Grain Pita Bread	250	Wheat Roll	135	
Chocolate Pudding	135	Fruit	0	Fruit	0	
Cal:718 CHO:95g Na:1393mg		Cal:750 CHO:90g Na:788mg		Cal:708 CHO:87g Na:1121mg		

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