

Ethos Vegetarian 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	
Vegetarian Meatloaf w/ Gravy	NA+ 443	Unstuffed Roasted Pepper Bowl	NA+ 504	Veggie Fritters w/ Herb Aioli	NA+ 368	Swedish Meatballs (Vegetarian)	NA+ 428	BBQ Tofu	NA+ 523
Mashed Potatoes	113	w/ Lentils & Rice	28	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	Wheat Bread	135
Chocolate Pudding	135	Fruit	0	Fruit	0	Shortbread Cookie	150	Fruit	0
Cal:758 CHO:97g Na:581mg		Cal:908 CHO:108g Na:1031mg		Cal:678 CHO:77g Na:559mg		Cal:920 CHO:113g Na:925mg		Cal:816 CHO:85g Na:530mg	
Monday 8/8		Tuesday 8/9		Wednesday 8/10		Thursday 8/11		Friday 8/12	
Chik'n Bites	NA+ 465	Egg Roll Skillet w/ Ground Tofu	NA+ 485	Cold Meal Garden Salad	NA+ 255	Veggie Burger	NA+ 272	Honey Garlic Tofu	NA+ 90
Potato Wedges	20	White Rice	25	w/ Chickpeas & Cheese	339	Baked Beans	140	Roasted Sweet Potatoes	60
Kale, Corn & Peppers	14	Vegetable Medley	18	Abruzzi Tortellini Pasta Salad	90	Carrots	32	Green Beans	6
Wheat Bread	135	Snack Loaf	150	Broccoli Salad	135	Wheat Hamburger Bun	230	Wheat Bread	135
Vanilla Pudding	130	Fruit	0	Wheat Roll	121	Fruit	0	Fruit	0
				Homemade Banana Pudding	85	Ketchup			
Cal:714 CHO:96g Na:919mg		Cal:865 CHO:124g Na:833mg		Cal:710 CHO:92g Na:1095mg		Cal:795 CHO:124g Na:914mg		Cal:680 CHO:87g Na:446mg	

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 (chickpeas, eggs, 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

Ethos Caribbean Menu-August 2022

Monday 8/15		Tuesday 8/16		Wednesday 8/17		Thursday 8/18		Friday 8/19	
	Na+		Na+		Na+		Na+		Na+
Chik'n Cutlet w/ Gravy	326	Creamy Cajun Beans	458	Vegetarian Chop Suey	540	Falafel	680	Whole Grain Cheese Lasagna	390
Mashed Potatoes	113	Cheesy Grits	102	Elbow Macaroni	0	Sweet Potatoes	37	w/ Lentil Bolognese	365
Brussel Sprouts	23	Broccoli	6	Mixed Vegetables	17	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
Cal:764 CHO:103g Na:902mg		Cal:790 CHO:110g Na:801mg		Cal:683 CHO:77g Na:1062mg		Cal:710 CHO:105 Na:1025mg		Cal:680 CHO:92g Na:1066mg	

Monday 8/22		Tuesday 8/23		Wednesday 8/24		Thursday 8/25		Friday 8/26	
	Na+		Na+		Na+		Na+		Na+
Creamy White Bean Casserole	393	Bean & Sweet Potato Tacos w/ Lime Wedge & Cheese	370	Sweet Corn Fritter	414	Stewed Beans w/ Tomatoes	354	Veggie Sausage Cacciatore	380
Egg Noodles	5	Cilantro Lime Coleslaw	70	Red Skin Mashed Potatoes	267	Polenta	36	Bowtie Pasta	37
Vegetable Medley	18	Corn w/ Peppers	6	Green Beans	6	Collard Greens	40	Mixed Vegetables	17
WG Buttermilk Biscuit	410	Flour Tortillas	220	Wheat Roll	135	Cornbread Loaf	90	Wheat Roll	135
Vanilla Pudding	130	Fruit	0	Fruit	0	Chocolate Chip Cookie	70	Fruit	0
Cal:892 CHO:129g Na:1111mg		Cal:839 CHO:117g Na:821mg		Cal:778 CHO:78g Na:977mg		Cal:798 CHO:107g Na:745mg		Cal:686 CHO:92g Na:807mg	

Monday 8/29		Tuesday 8/30		Wednesday 8/31			
<i>High Sodium Meal</i>	Na+	<u>Cold Meal</u>	Na+		Na+		
BBQ Chickpeas	578	Greek Pasta Salad	460	Spaghetti & Meatballs	365		
Baked Beans	140	w/ Beans, Tomatoes, Olives & Feta Cheese	360	w/ Red Sauce & Parm Cheese	392		
California Blend Vegetables	36	Cucumber Salad	1	Tuscan Blend Vegetables	31		
Wheat Hamburger Bun	230	Whole Grain Pita Bread	250	Wheat Roll	135		
Chocolate Pudding	135	Fruit	0	Fruit	0		
Cal:743 CHO:131g Na:1274mg		Cal:760 CHO:109g Na:1227mg		Cal:700 CHO:92g Na:1078mg			

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