

Ethos HDM Menu-September 2022



A suggested donation of \$2.00 is requested. Each meal includes low-fat milk and margarine. Calories for the total meal, including milk and margarine, are listed for each day. Milligrams of sodium (Na+) are listed to the right of each item. Milk= 125 mg sodium. Margarine= 35 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.

Thank you.

Thank you to everyone who participated in the annual surveys. We truly appreciate your feedback!

Monday		Tuesday		Wednesday		Thursday 9/1		Friday 9/2		
General Sodium Guidelines The Dietary Guidelines for Americans recommends eating less than 2,300mg of salt (1 teaspoon!) daily. So what can you do to cut down your salt intake? • Read the label. Our lower in sodium meals range between 500-800 mg. • Purchase low salt foods. Hidden sources are in boullion cubes, breads, premade foods, salad dressings. • Practice moderation. For example, have a low salt lunch before having a hamburger and fries for dinner. • Mention any sodium or dietary concerns to the Ethos dietitian, Ani, at 617-477-6606.						Rigatoni Bolognese Asparagus Breadstick Fresh Orange		Na+ 266 3 80 4	Hot Dog w/ Hot Dog Bun Baked Beans Cauliflower and Red Peppers Fruit Ketchup Mustard	Na+ 490 190 140 13 4 82 55
						Calories: 790 Na: 498			Calories: 696 Na: 1134	
Monday 9/5		Tuesday 9/6		Wednesday 9/7		Thursday 9/8		Friday 9/9		
CLOSED Labor Day Holiday meals are delivered the week of Septeber 2, 2022	Na+	Grilled Fajita Chicken w/ Peppers and Onions Black Bean and Tomato Rice Mixed Vegetables Breadstick Apple Cinnamon Bar	Na+ 552 36 28 65 90	Cheese Ravioli & Meatball w/ Tomato Sauce Italian Blend Vegetables Breadstick Peach Fruit Cup	Na+ 318 142 37 65 8	Chicken Marsala Roasted Smashed Potatoes Diced Carrot Dinner Roll Fresh Apple	Na+ 226 209 97 300 1	Meatloaf w/ LS Gravy Mashed Potatoes Green Peas Wheat Dinner Roll Fresh Orange	Na+ 187 53 48 62 338 4	
		Calories: 769 Na: 931		Calories: 715 Na: 696		Calories: 751 Na: 994		Calories: 787 Na: 817		
Attention SNAP Participants: Change your EBT Card PIN Number Immediately! Due to fraud and scams, you must reset your PIN number on your SNAP card. You cannot purchase food with your SNAP card until you reset your PIN. To reset PIN number: Call 800-997-2555 with your 1) SNAP card number ready, 2) social security or 99 number ready, 3) date of birth. Questions? Call the Department of Transition Assistance at 877-382-2363.										
Please notify Ethos of any life threatening food allergies @ 617-477-6606										

Ethos Menu-September 2022

Monday 9/12		Tuesday 9/13		Wednesday 9/14		Thursday 9/15		Friday 9/16	
Chicken Pot Pie w/ LS Gravy Mashed Potatoes Buttered Corn Biscuit Vanilla Pudding Cup	Na+ 321 32 48 45 267 130	<i>Cold Menu</i> Grilled Chicken Sandwich w/ Multigrain Bread Lettuce & Tomatoes Carrot & Raisin Salad Mayo Sugar-Free Cookies	Na+ 324 99 75 64 997	Broccoli and Cheese Chicken w/ Cream Sauce Bell Pepper Brown Rice Asparagus Strawberry Bar	Na+ 410 60 3 3 85	Salisbury Steak w/ LS Gravy Baked Potato Roasted Baby Carrots Wheat Dinner Roll Peach Fruit Cup	Na+ 104 53 287 55 338 8	Macaroni & Cheese w/ Stewed Tomatoes Steamed Broccoli Wheat Bread Pear Fruit Cup	Na+ 538 22 170 8
Calories: 886 Na: 1004		Calories: 676 Na: 997		Calories: 1048 Na: 721		Calories: 950 Na: 1004		Calories: 755 Na: 897	
Monday 9/19		Tuesday 9/20		Wednesday 9/21		Thursday 9/22		Friday 9/23	
Stuffed Shells Florentine w/ Spinach Tomato Saue Chicken Strips Diced Carrots Breadsticks Fresh Orange	Na+ 340 134 376 97 65 4	Swedish Meatballs w/ LS Swedish Gravy Pasta Green Peas & Pearl Onions Biscuit Oatmeal Raisin Cokie	Na+ 320 1 62 267 75	BBQ Pulled Pork Parsley Cous Cous Green Beans Peach Fruit Cup	Na+ 442 93 4 8	Skillet Chicken w/ Mushrooms & Quinoa Cooked Spinach Wheat Dinner Roll Raisins	Na+ 158 109 338 4	Beef Tips w/ Maple Mustand Sauce Rosemary Mashed Potatoes Roasted Brussels Sprouds Fruit Snack n' Loaf Muffin	Na+ 60 412 97 14 160
Calories: 708 Na: 1176		Calories: 931 Na: 885		Calories: 757 Na: 707		Calories: 798 Na: 770		Calories: 746 Na: 902	
Monday 9/26		Tuesday 9/27		Wednesday 9/28		Thursday 9/29		Friday 9/30	
Beef Cottage Pie w/ LS Gravy Buttered Carrot Coins Biscuit Fruit	Na+ 405 53 97 267 1	Chicken Cordon Royale w/ LS Gravy Dirty Rice Mixed Vegetables Break Bar	Na+ 550 19 88 28 90	Baked Pollock Sweet Potato Wedges Broccoli w/ Peppers Wheat Dinner Roll Fresh Orange Lemon Wedge	Na+ 251 267 17 338 4	Cheese Tortellini w/ Tomato Cream Sauce Diced Chicken Italian Blend Vegetables Breadstick Dessert Bar	Na+ 530 180 65 37 65 35	Roasted Pork Tenderloin LS Apple Gravy Parsley Potatoes Balsamic Asparagus Wheat Bread Pear Fruit Cup	Na+ 139 26 6 3 170 8
Calories: 723 Na: 983		Calories: 687 Na: 907		Calories: 747 Na: 1037		Calories: 1063 Na: 1073		Calories: 854 Na: 477	



Reminder!
Use your farmers market coupons for fresh fruits and vegetables.
They expire October 31, 2022.



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