

Ethos Traditional 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 City Fresh Foods.

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		
<p><u>General Sodium Guidelines</u></p> <p>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?</p> <ul style="list-style-type: none">• 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.			Na+	Na+		
			Grilled Chicken Thigh	86	Beef Stew	222
			Mac & Cheese	323	Whole Grain Buttermilk Biscuit	410
			Mixed Vegetables	17	Zucchini & Squash	9
			Wheat Roll	135	Fruit	0
			Brownie	115	Margarine	30
			Margarine	30		
			Cal:928 CHO:88g Na:831mg	831	Cal:680 CHO:72g Na:796mg	796

Monday 9/5		Tuesday 9/6		Wednesday 9/7		Thursday 9/8		Friday 9/9	
CLOSED	Na+	High Sodium Meal	Na+						
Labor Day		Honey Mustard Chicken Cutlet	885	Breaded Cod	260	Sloppy Joe's (Turkey & Beef)	365	Teriyaki Chicken	560
Holiday meals are delivered week of Septeber 2, 2022		Mashed Potatoes	113	Rice Pilaf	55	Roasted Potatoes	152	White Rice	25
		Broccoli	6	California Blend Vegetables	36	Vegetable Medley	18	Brussel Sprouts	23
		Wheat Roll	135	Wheat Roll	135	Wheat Hamburger Bun	230	Wheat Bread	135
		Fruit	0	Shortbread Cookie	150	Fruit	0	Fruit	0
				Tartar Sauce	85			Fresh Orange	4
		Cal:800 CHO:111g Na:1294mg	1264	Cal:772 CHO:92g Na:876mg	846	Cal 823 CHO:90g Na:920mg	890	Cal:685 CHO:84g Na:898mg	872

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.

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

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Monday 9/12		Tuesday 9/13		Wednesday 9/14		Thursday 9/15		Friday 9/16	
Oven "Fried" Catfish	Na+	Turkey & Garbanzo Bean Chili	Na+	Balsamic Chicken	Na+	BBQ Pork	Na+	Lemon Ricotta Parmesan Chicken	Na+
Macaroni & Cheese	260	w/ Sweet Potatoes	275	White Rice	441	Mashed Potatoes	522	WG Cheese Ravioli (3 each)	120
Kale & Corn	323	California Blend Vegetables	-	Brussel Sprouts	25	Broccoli	113	Mixed Vegetables	360
Wheat Bread	14	Whole Grain Cornbread	36	Wheat Roll	23	Wheat Bread	6	Wheat Bread	17
Oatmeal Cookie	135	Fruit	90	Vanilla Cupcake	135	Fruit	135	Fruit	135
Tartar Sauce	105		0		230		0		0
Cal:947 CHO:93g Na:1077mg	1047	Cal:793 CHO:103g Na:556mg	526	Cal:760 CHO:87g Na:1009mg	979	Cal:681 CHO:89g Na:931mg	901	Cal:763 CHO:82g Na:787mg	757
Monday 9/19		Tuesday 9/20		Wednesday 9/21		Thursday 9/22		Friday 9/23	
American Chop Suey	Na+	Broccoli Cheddar Chicken	Na+	Shrimp with Tomato Sauce	Na+	Roast Turkey w/ Gravy	Na+	Pork Marsala w/Mushrooms	Na+
Elbow Macaroni	267	Mashed Potatoes	410	Whole Grain Spaghetti	655	Roasted Sweet Potatoes	576	Egg Noodles	280
Green Beans w/ Peppers	0	Carrots	113	Mixed Vegetables	0	Vegetable Medley	60	Broccoli	5
Wheat Bread	6	Whole Grain Cornbread	32	Garlic Knot	17	Wheat Roll	18	Wheat Roll	6
Vanilla Pudding	135	Fruit	90	Fruit	220	Chocolate Chip Cookie	135	Fruit	135
Cal:764 CHO:90g Na:693mg	1580	Cal:780 CHO:101g Na:800mg	1296	Cal:687 CHO:84g Na:1047mg	1996	Cal:686 CHO:70g Na:1014mg	1815	Cal:681 CHO:76g Na:581mg	551
Monday 9/26		Tuesday 9/27		Wednesday 9/28		Thursday 9/29		Friday 9/30	
WG Breaded Pollock	Na+	Pot Roast w/ Brown Gravy	Na+	Pork Sausage Cacciatore	Na+	Baked Chicken w/Gravy	Na+	Country "Fried" Steak w/Gravy	Na+
Rice Pilaf	330	Red Skin Mashed Potatoes	273	Bowtie Pasta	710	Mashed Sweet Potatoes	386	Mashed Potatoes	113
Mixed Vegetables	55	Green Beans w/ Red Peppers	267	Carrots	0	Green Peas	37	California Blend Vegetables	36
Wheat Roll	17	Whole Grain Cornbread	6	Wheat Roll	30	Wheat Roll	6	Whole Grain Cornbread	90
Chocolate Pudding	135	Fruit	90	Fruit	135	Shortbread Cookie	135	Fruit	0
Tartar Sauce	135		0		0		150		
Cal:745 CHO:93g Na:912mg	882	Cal:746 CHO:92g Na:791mg	761	Cal:777 CHO:75g Na:1030mg	1000	Cal:700 CHO:87g Na:869mg	839	Cal:809 CHO:98g Na:904mg	874



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



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