

Ethos Vegetarian 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>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?</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. 			Grilled Chik'n Cutlet Mac & Cheese Mixed Vegetables Wheat Roll Brownie	Na+ 260 323 17 135 115 975	3 Bean Chili w/ Cheese Whole Grain Buttermilk Biscuit Zucchini & Squash Fruit	Na+ 500 410 9 0 1044
			Cal:916 CHO:105g Na:1005mg	Cal:690 CHO:95g Na:1074mg		

Monday 9/5	Tuesday 9/6	Wednesday 9/7	Thursday 9/8	Friday 9/9				
CLOSED Labor Day Holiday meals are delivered week of September 2, 2022	Na+ Honey Mustard Chik'n Cutlet Mashed Potatoes Broccoli Wheat Roll Fruit	Na+ 660 113 6 135 0 1039	Na+ Sweet Corn Fritter Rice Pilaf California Blend Vegetables Wheat Roll Shortbread Cookie	Na+ 207 55 36 135 150 708	Na+ Sloppy Joe's (Vegetarian) Roasted Potatoes Vegetable Medley Wheat Hamburger Bun Fruit	Na+ 306 152 18 230 0 831	Na+ Teriyaki Tofu White Rice Brussel Sprouts Wheat Bread Fruit	Na+ 575 25 23 135 0 883
	Cal:768 CHO:125g Na:1069mg		Cal:800 CHO:93g Na:738mg		Cal 800 CHO:95g Na:861mg		Cal:680 CHO:100g Na:913mg	

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

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Monday 9/12		Tuesday 9/13		Wednesday 9/14		Thursday 9/15		Friday 9/16	
Veggie Fritter w/ Herb Aioli	Na+	Garbanzo Bean Chili	Na+	3 Bean Balsamic & Artichoke	Na+	BBQ Tofu	Na+	Lemon Parmesan White Beans	Na+
Macaroni & Cheese	265	w/ Sweet Potatoes	495	White Rice	385	Mashed Potatoes	523	WG Cheese Ravioli (3 each)	410
Kale & Corn	323	California Blend Vegetables	-	Brussel Sprouts	25	Broccoli	113	Mixed Vegetables	17
Wheat Bread	14	Whole Grain Cornbread	36	Wheat Roll	23	Wheat Bread	6	Wheat Bread	135
Oatmeal Cookie	135	Fruit	90	Vanilla Cupcake	135	Fruit	135	Fruit	0
	105		0		230		0		0
Cal:951 CHO:90g Na:997mg	702	Cal:741 CHO:120g Na:776mg	251	Cal:772 CHO:118g Na:953mg	538	Cal:701 CHO:91g Na:932mg	379	Cal:736 CHO:95g Na:1077mg	637
Monday 9/19		Tuesday 9/20		Wednesday 9/21		Thursday 9/22		Friday 9/23	
Vegetarian Chop Suey	Na+		Na+	Garbanzos	Na+	Braised Tofu	Na+	Veggie Sausage Marsala	Na+
& Parm Cheese	448	Falafel Bites	680	in Tomato Sauce	422	w/ Gravy	135	w/ Mushrooms	685
Elbow Macaroni	0	Mashed Potatoes	113	Whole Grain Spaghetti	0	Roasted Sweet Potatoes	60	Egg Noodles	5
Green Beans w/ Peppers	6	Carrots	32	Mixed Vegetables	17	Vegetable Medley	18	Broccoli	6
Wheat Bread	135	Whole Grain Cornbread	90	Garlic Knot	220	Wheat Roll	135	Wheat Roll	135
Vanilla Pudding	130	Fruit	0	Fruit	0	Chocolate Chip Cookie	70	Fruit	0
Cal:698 CHO:90g Na:874mg	844	Cal:814 CHO:120g Na:1070mg	1040	Cal:677 CHO:95g Na:814mg	784	Cal:683 CHO:78g Na:573mg	543	Cal:680 CHO:81g Na:986mg	956
Monday 9/26		Tuesday 9/27		Wednesday 9/28		Thursday 9/29		Friday 9/30	
Black Bean	Na+	Braised Chickpeas	Na+	Veggie Sausage Cacciatore	Na+	Roasted Tofu	Na+	Country "Fried" Chik'n Cutlet	Na+
& Sweet Potato Hash	160	w/ Gravy	205	w/ Parm Cheese	840	w/ Gravy	136	w/ Gray	328
Rice Pilaf	55	Red Skin Mashed Potatoes	267	Bowtie Pasta	0	Mashed Sweet Potatoes	37	Mashed Potatoes	113
Mixed Vegetables	17	Green Beans w/ Red Peppers	6	Carrots	32	Green Peas	6	California Blend Vegetables	36
Wheat Roll	135	Whole Grain Cornbread	90	Wheat Roll	135	Wheat Roll	135	Whole Grain Cornbread	90
Chocolate Pudding	135	Fruit	0	Fruit	0	Shortbread Cookie	150	Fruit	0
Cal:698 CHO:102g Na:742mg	627	Cal:758 CHO:113g Na:723mg	693	Cal:707 CHO:80g Na:1162mg	1132	Cal:717 CHO:93g Na:619mg	589	Cal:718 CHO:101g Na:722mg	364



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



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