

# Ethos HDM Menu-October 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.

All HDM Drivers are required to see someone at delivery and ask about clients at least twice week. No meals will be left without seeing someone at delivery.

Monday 10/3		Tuesday 10/4		Wednesday 10/5		Thursday 10/6		Friday 10/7	
	Na+		Na+		Na+	October Special	Na+		Na+
BBQ Chicken Strips	230	Hamburger	200	Cheese Lasagna		Baked Pollock	168	Mulligan Beef & Vegetable Stew	748
w/ Fiesta Rice (1 cup)	296	w/ Whole Wheat Bun	212	w/ Meat Sauce		w/ Honey Mustard Sauce	113	Sliced Zucchini & Red Peppers	11
Buttered Green Beans	4	Sweet Potato Wedges	267	Sautéed Garlicky Spinach		Mixed Vegetables	28	Cornbread w/ Cheddar Cheese	180
Strawberry Bar	85	Asparagus	3	Wheat Breadstick		Wheat Dinner Roll	338	Fresh Apple	1
		Peach Fruit Cup	8	Fresh Orange		Pumpkin Spice Birthday Cake	257		
		Ketchup Pkt.	82			w/ Whipped Topping			
<b>Calories: 725 Na: 775</b>		<b>Calories: 801 Na: 932</b>		<b>Calories: 693 Na: 800</b>		<b>Calories: 693 Na: 1064</b>		<b>Calories: 810 Na: 1100</b>	
Monday 10/10		Tuesday 10/11		Wednesday 10/12		Thursday 10/13		Friday 10/14	
<b>CLOSED</b>				<b>High Sodium &amp; Cold Salad Meal</b>					
Columbus Day		Chicken Piccata	324	Grilled Chicken Caesar Salad	454	Rigatoni Bolognese	266	Hot Dog w/ Bun	680
		w/ Lemon Caper Sauce	179	Caesar Dressing	303	Green Beans	4	Baked Beans	140
		Mushroom & Pea Risotto	64	Wheat Breadstick	65	Wheat Roll	338	Steamed Carrots & Peas	55
		Steamed Broccoli	22	Blueberry Yogurt Cup	75	Fresh Orange	4	Fresh Pear	2
		Wheat Bread	170					Ketchup Pkt.	82
		Chocolate Pudding Cup	151					Mustard Pkt.	55
		<b>Calories: 686 Na: 1070</b>		<b>Calories: 728 Na: 1346</b>		<b>Calories: 805 Na: 772</b>		<b>Calories: 700 Na: 1173</b>	



## The Science Behind Soup

When we think cooler weather, what foods come to mind? Soups and stews? Science says when foods are cooked in a liquid or broth, their nutrients go out with it. Often times, we can see that happen when the liquid or broth changes color.

And bonus: when we drink that liquid, we also hydrate our bodies, which can be often overlooked during fall and winter seasons.

So, the next time soup is on the menu, remember how and why this warm dish keeps us nourished.



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

# Ethos HDM Menu-October 2022

Monday 10/17		Tuesday 10/18		Wednesday 10/19		Thursday 10/20		Friday 10/21	
	Na+		Na+		Na+		Na+		Na+
Chicken Fajitas	552	Beef & Lentil Chili	157	Cheese Ravioli	190	Chicken Marsala	226	Meatloaf	187
w/ Peppers & Onions	-	over Baked Potato	287	w/ Tomato Sauce	134	Roasted & Smashed Potatoes	209	w/ LS Gravy	53
Tomato Rice w/ Black Beans	36	Honey Roasted Carrots	97	Meatball	125	Diced Carrots	97	Garlic Mashed Potatoes	48
Mixed Vegetables	28	Wheat Dinner Roll	338	Italian Blend Vegetables	37	Scali Bread	105	Green Beans	4
Tortilla	170	Fresh Apple	1	Wheat Breadstick	65	Apple Cinnamon Bar	90	Wheat Dinner Roll	338
Fresh Orange	4			Fruit Peach Cup	8			Sugar-Free Cookies	70
<b>Calories: 737 Na: 949</b>		<b>Calories: 830 Na: 1041</b>		<b>Calories: 735 Na: 723</b>		<b>Calories: 704 Na: 888</b>		<b>Calories: 743 Na: 860</b>	

Monday 10/24		Tuesday 10/25		Wednesday 10/26		Thursday 10/27		Friday 10/28	
		<b>High Sodium &amp; Hot Sandwich Meal</b>							
Skillet Chicken	158	Chicken Meatball (Wheat) Sub	559	Grilled Chicken	95	Salisbury Steak	134	Baked Mac n' Cheese (1 cup)	443
w/ Mushrooms & Quinoa	-	w/ Tomato Marinara	134	w/ Artichoke Mushroom Sauce	324	w/ LS Gravy	19	w/ Butternut Squash	-
Butternut Squash	3	Italian Vegetables	37	Whole Wheat Pasta (1 cup)	1	Sweet Potatoes	55	Stewed Tomatoes	191
Wheat Dinner Roll	338	Tater Tots	370	Sautéed Spinach	109	Asparagus	3	Steamed Broccoli	22
Break Bar	35	Fresh Orange	4	Vanilla Pudding Cup	130	Wheat Bread	170	Fruit Pear Cup	8
						Raisins	4		
<b>Calories: 930 Na: 694</b>		<b>Calories: 831 Na: 1264</b>		<b>Calories: 709 Na: 815</b>		<b>Calories: 784 Na: 545</b>		<b>Calories: 737 Na: 824</b>	

Monday 10/31	
	<b>Na+</b>
Baked Shell Florentine	340
Spinach Tomato Sauce	426
Chicken Strips	292
Diced Carrots	55
Wheat Breadstick	65
Fresh Orange	4
<b>Calories: 682 Na: 1049</b>	

Reminder!

Use your farmers market coupons for fresh fruits and vegetables.

They expire October 31, 2022.

Ethos Nutrition Advice

If you have questions about our menus, or concerns about your nutrition status, please contact the Community Dietitian, Ani, at 617-477-6606.

**Experiencing Medicare Questions Or Issues?** There are two programs that may help. The Boston SHINE Program at Ethos ensures that residents have access to accurate and unbiased information about their healthcare options. The Medicare Advocacy Project (MAP) at Greater Boston Legal Services offers free legal services for issues which cannot be resolved with assistance from SHINE.

**For more information, call the SHINE Program at Ethos at 617-522-9270 or MAP at Greater Boston Legal Services at 617-603-1700.**



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