

Ethos Traditional 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 City Fresh Foods.
To cancel a meal, please call (617) 477-6606 by 9AM the previous day.
Menu subject to change.
Thank you.

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 10/3		Tuesday 10/4		Wednesday 10/5		Thursday 10/6		Friday 10/7	
	Na+		Na+		Na+		Na+		Na+
Meatloaf w/Gravy	312	Unstuffed Roasted Pepper Bowl	298	Breaded Cod	260	Roasted Chicken w/ Apple Chutney	355	BBQ Pork	360
Mashed Potatoes	113	w/ Chicken & Rice	365	Vegetable Rice Pilaf	31	Butternut Squash & Couscous	15	Baked Beans	140
Tuscan Vegetables	31	Carrots	32	Kale & Peppers	14	Broccoli	6	Corn & Peas	12
Whole Grain Cornbread	90	Wheat Bread	135	Wheat Roll	135	Wheat Roll	135	Wheat Roll	90
Chocolate Pudding	135	Fruit	0	Fruit	0	Shortbread Cookie	150	Fruit	0
Cal:840 CHO:93g Na:836mg	806	Cal:780 CHO:91g Na:985mg	955	Cal:688 CHO:84g Na:680mg	565	Cal:725 CHO:90g Na:816mg	786	Cal:707 CHO:97g Na:757mg	727
Monday 10/10		Tuesday 10/11		Wednesday 10/12		Thursday 10/13		Friday 10/14	
CLOSED									
Columbus Day		Egg Roll Skillet w/ Ground Beef	455	Fish & Chips	150	Hamburger	210	Honey Garlic Chicken	440
		White Rice	25	Potato Wedges	300	Baked Beans	140	Roasted Sweet Potatoes	60
		Wheat Roll	135	Wheat Bread	135	Wheat Hamburger Bun	230	Wheat Bread	135
		Fruit	0	Homemade Banana Pudding	121	Fruit	0	Oatmeal Cookie	105
				Tartar Sauce	85	Ketchup	85		
		Cal:816 CHO:97g Na:788mg	758	Cal:685 CHO:85g Na:969mg	939	Cal:688 CHO:90g Na:852mg	822	Cal:750 CHO:78g Na:901mg	871

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+
Beef Wellington	210	Creamy Cajun Chicken	135	American Chop Suey	285	WG Breaded Pollock	330	Whole Grain Cheese Lasagna	390
Mashed Potatoes	115	Cheesy Grits	116	Elbow Macaroni	0	Sweet Potatoes	37	w/ Turkey Bolognese & Parm Cheese	250
Brussel Sprouts	23	Broccoli	6	Mixed Vegetables	18	Vegetable Medley	18	Green Beans w/Peppers	6
Wheat Roll	135	Hawaiian Sweet Roll	80	Whole Grain Garlic Toast	120	Wheat Bread	135	Wheat Bread	135
Chocolate Pudding	135	Fruit	0	Fudge Brownie	115	Fruit	0	Fruit	0
						Tartar Sauce	85		
Cal:786 CHO:85g Na:773mg	743	Cal:833 CHO:90g Na:492mg	462	Cal:695 CHO:78g Na:693mg	663	Cal:680 CHO:87g Na:760mg	730	Cal:685 CHO:80g Na:936mg	906
Monday 10/24		Tuesday 10/25		Wednesday 10/26		Thursday 10/27		Friday 10/28	
Chicken Noodle Casserole	85	Teriyaki Shrimp	614	Pot Roast w/ Brown Gravy	430	Stewed Chicken Drumstick	337	Pork Sausage Cacciatore	765
Egg Noodles	5	White Rice	25	Red Skin Mashed Potatoes	267	Polenta	36	Bowtie Pasta	0
Vegetable Medley	18	Corn w/ Peppers	6	Green Beans	6	Collard Greens	40	Mixed Vegetables	17
WG Buttermilk Biscuit	310	Wheat Roll	135	Wheat Roll	135	Whole Grain Cornbread	90	Wheat Roll	135
Vanilla Pudding	130	Fruit	0	Fruit	0	Chocolate Chip Cookie	70	Fruit	0
Cal:972 CHO:116g Na:703mg	673	Cal:684 CHO:96g Na:935mg	905	Cal:680 CHO:80g Na:993mg	963	Cal:745 CHO:68g Na:728mg	698	Cal:720 CHO:75g Na:1072mg	1042
Monday 10/31									
BBQ Pulled Chicken Sandwich	Na+	<div>Reminder!</div> <div>Use your farmers market coupons for fresh fruits and vegetables.</div> <div>They expire October 31, 2022.</div>				<div>Ethos Nutrition Advice</div> <div>If you have questions about our menus, or concerns about your nutrition status, please contact the Community Dietitian, Ani, at 617-477-6606.</div>			
Mac & Cheese	323								
California Blend Vegetables	36								
Wheat Hamburger Bun	160								
Chocolate Pudding	135								
Cal:853 CHO:90g Na:1169mg	1139								

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