

Ethos Vegetarian 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	
Vegetarian Meatloaf w/ Gravy	Na+ 443	Unstuffed Roasted Pepper Bowl	Na+ 504	Veggie Fritters w/ Herb Aioli	Na+ 368	Roasted Chik'n w/ Apple Chutney	Na+ 285	BBQ Chickpeas	Na+ 458
Mashed Potatoes	113	w/ Lentils & Rice	28	Vegetable Rice Pilaf	31	Butternut Squash & Couscous	15	Baked Beans	140
Tuscan Vegetables	31	Carrots	32	Kale & Peppers	14	Broccoli	6	Corn & Peas	9
Whole Grain Cornbread	90	Wheat Bread	135	Wheat Roll	135	Wheat Roll	135	Wheat Roll	135
Chocolate Pudding	135	Fruit	0	Fruit	0	Shortbread Cookie	150	Fruit	0
Cal:730 CHO:95g Na:967mg	937	Cal:848 CHO:110g Na:854mg	824	Cal:781 CHO:101g Na:703mg	673	Cal:743 CHO:97g Na:746mg	716	Cal:716 CHO:123g Na:897mg	867
Monday 10/10		Tuesday 10/11		Wednesday 10/12		Thursday 10/13		Friday 10/14	
CLOSED		Egg Roll Skillet w/ Ground Tofu	485	Chik'n Bites	465	Veggie Burger	272	Honey Garlic Tofu	90
Columbus Day		White Rice	25	Potato Wedges	20	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
						Ketchup	85		
		Cal:765 CHO:110g Na:818mg	788	Cal:710 CHO:90g Na:919mg	889	Cal:795 CHO:124g Na:914mg	884	Cal:705 CHO:88g Na:551mg	521

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 Vegetarian Menu-October 2022

Monday 10/17		Tuesday 10/18		Wednesday 10/19		Thursday 10/20		Friday 10/21	
	Na+		Na+		Na+		Na+		Na+
Chik'n Cutlet w/ Gravy	326	Creamy Cajun Beans	458	Vegetarian Chop Suey	540	Falafel	680	Whole Grain Cheese Lasagna	390
Mashed Potatoes	113	Cheesy Grits	102	Elbow Macaroni	0	Sweet Potatoes	37	w/ Lentil Bolognese	365
Brussel Sprouts	23	Broccoli	6	Mixed Vegetables	17	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
Cal:704 CHO:90g Na:887mg	857	Cal:790 CHO:110g Na:801mg	771	Cal:683 CHO:77g Na:947mg	917	Cal:710 CHO:105g Na:1025mg	995	Cal:680 CHO:92g Na:1051mg	1021
Monday 10/24		Tuesday 10/25		Wednesday 10/26		Thursday 10/27		Friday 10/28	
Creamy White Bean Casserole	393	Teriyaki Tofu	595	Sweet Corn Fritter	414	Stewed Beans w/ Tomatoes	354	Veggie Sausage Cacciatore	500
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:892 CHO:129g Na:1011mg	981	Cal:711 CHO:108g Na:916mg	886	Cal:778 CHO:78g Na:977mg	947	Cal:798 CHO:107g Na:745mg	715	Cal:686 CHO:92g Na:807mg	777
Monday 10/31		<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>			
	Na+								
BBQ Tofu	373								
Mac & Cheese	323								
California Blend Vegetables	36								
Wheat Roll	135								
Chocolate Pudding	135								
Cal:832 CHO:94g Na:1157mg	1127								

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.**



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