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.

---

### Monday 10/3

- **Na+**: 443
- **Vegetarian Meatloaf w/ Gravy**: 443
- **Mashed Potatoes**: 113
- **Tuscan Vegetables**: 31
- **Whole Grain Cornbread**: 90
- **Chocolate Pudding**: 135

---

### Tuesday 10/4

- **Na+**: 504
- **Unstuffed Roasted Pepper Bowl**: 504
- **Carrots**: 32
- **Wheat Bread**: 135
- **Vegetable Rice Pilaf**: 31
- **Whole Grain Cornbread**: 90

---

### Wednesday 10/5

- **Na+**: 368
- **Veggie Fritters w/ Herb Aioli**: 368
- **Kale & Peppers**: 14
- **Wheat Roll**: 135
- **Roasted Chik'n w/ Apple Chutney**: 285
- **Chocolate Pudding**: 135

---

### Thursday 10/6

- **Na+**: 285
- **Roasted Chik'n w/ Apple Chutney**: 285
- **Kale & Peppers**: 14
- **Wheat Roll**: 135
- **Butternut Squash & Couscous**: 15
- **Shortbread Cookie**: 150

---

### Friday 10/7

- **Na+**: 458
- **BBQ Chickpeas**: 458
- **Broccoli**: 6
- **Wheat Roll**: 135
- **Couscous**: 28
- **Fruit**: 0

---

### Monday 10/10

- **CLOSED**

### Tuesday 10/11

- **Na+**: 485
- **Egg Roll Skillet w/ Ground Tofu**: 485
- **Potato Wedges**: 20
- **Wheat Roll**: 135
- **Homemade Banana Pudding**: 121
- **Ketchup**: 85

---

### Wednesday 10/12

- **Na+**: 465
- **Chik'n Bites**: 465
- **Veggie Burger**: 272
- **Wheat Bread**: 135
- **Fruit**: 0
- **Ketchup**: 85

---

### Thursday 10/13

- **Na+**: 90
- **Honey Garlic Tofu**: 90
- **Roasted Sweet Potatoes**: 140
- **Roasted Sweet Potatoes**: 140
- **Boneless Skinless Chicken Breast**: 230
- **Oatmeal Cookie**: 105

---

### Friday 10/14

- **Na+**: 123
- **BBQ Chickpeas**: 123
- **Baked Beans**: 140
- **Sliced Turkey**: 135
- **Butternut Squash & Couscous**: 28
- **Tomato Ketchup**: 105

---

### 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.
### Ethos Vegetarian Menu-October 2022

<table>
<thead>
<tr>
<th>Monday 10/17</th>
<th>Tuesday 10/18</th>
<th>Wednesday 10/19</th>
<th>Thursday 10/20</th>
<th>Friday 10/21</th>
</tr>
</thead>
<tbody>
<tr>
<td>Na+</td>
<td>Na+</td>
<td>Na+</td>
<td>Na+</td>
<td>Na+</td>
</tr>
<tr>
<td>Chik’n Cutlet w/ Gravy</td>
<td>326</td>
<td>Creamy Cajun Beans</td>
<td>458</td>
<td>Vegetarian Chop Suey</td>
</tr>
<tr>
<td>Mashed Potatoes</td>
<td>113</td>
<td>Cheesy Grits</td>
<td>102</td>
<td>Elbow Macaroni</td>
</tr>
<tr>
<td>Brussel Sprouts</td>
<td>23</td>
<td>Broccoli</td>
<td>6</td>
<td>Mixed Vegetables</td>
</tr>
<tr>
<td>Wheat Roll</td>
<td>135</td>
<td>Hawaiian Sweet Roll</td>
<td>80</td>
<td>Whole Grain Garlic Toast</td>
</tr>
<tr>
<td>Chocolate Pudding</td>
<td>135</td>
<td>Fruit</td>
<td>0</td>
<td>Fudge Brownie</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday 10/24</th>
<th>Tuesday 10/25</th>
<th>Wednesday 10/26</th>
<th>Thursday 10/27</th>
<th>Friday 10/28</th>
</tr>
</thead>
<tbody>
<tr>
<td>Na+</td>
<td>Na+</td>
<td>Na+</td>
<td>Na+</td>
<td>Na+</td>
</tr>
<tr>
<td>Creamy White Bean Casserole</td>
<td>393</td>
<td>Teriyaki Tofu</td>
<td>595</td>
<td>Sweet Corn Fritter</td>
</tr>
<tr>
<td>Egg Noodles</td>
<td>5</td>
<td>White Rice</td>
<td>25</td>
<td>Red Skin Mashed Potatoes</td>
</tr>
<tr>
<td>Vegetable Medley</td>
<td>18</td>
<td>Corn w/ Peppers</td>
<td>6</td>
<td>Green Beans</td>
</tr>
<tr>
<td>WG Buttermilk Biscuit</td>
<td>310</td>
<td>Wheat Roll</td>
<td>135</td>
<td>Wheat Roll</td>
</tr>
<tr>
<td>Vanilla Pudding</td>
<td>130</td>
<td>Fruit</td>
<td>0</td>
<td>Fruit</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday 10/31</th>
<th>Na+</th>
<th>BBQ Tofu</th>
<th>373</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mac &amp; Cheese</td>
<td>323</td>
<td></td>
<td></td>
</tr>
<tr>
<td>California Blend Vegetables</td>
<td>36</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wheat Roll</td>
<td>135</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chocolate Pudding</td>
<td>135</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cal:832</td>
<td>CHO:94g Na:1157mg</td>
<td>1127</td>
<td></td>
</tr>
</tbody>
</table>

### 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.

---

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