

Ethos HDM Menu-December 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.

Holiday Closures Announcement:

On Monday, 12/26/2022, Ethos is closed due to the Christmas holiday. You will receive a frozen holiday meal the week of 12/19.

On Monday, 1/02/2023, Ethos is closed for New Year's Day holiday. You will receive a frozen holiday meal the week of 12/27.

Thursday 12/1					Friday 12/2			
	Na+					Na+		Na+
Chicken Marsala	226				Meatloaf			187
Brown Rice	42				w/ LS Gravy			53
Diced Carrots	97				Garlic Mashed Potatoes			33
Scala Bread	105				Green Beans			4
Birthday Cake w/ Whipped Topping	221				Wheat Dinner Roll			338
					Fresh Apple			-
Calories: 713 Na: 809					Calories: 731 Na: 776			

Monday 12/5		Tuesday 12/6		Wednesday 12/7		Thursday 12/8		Friday 12/9	
	Na+		Na+		Na+	Sandwich & Soup Meal	Na+		Na+
Skillet Chicken	158	Salisbury Steak	134	Grilled Chicken	95	Cranberry Tuna Salad Sandwich	466	Baked Mac n' Cheese (1 cup)	583
w/ Mushrooms & Quinoa	-	w/ Tomato Pizzaiola Sauce	527	w/ Artichoke Mushroom Sauce	324	w/ Multigrain Bread (2)	198	w/ Butternut Squash	-
Butternut Squash	3	Italian Blend Vegetables	37	Whole Wheat Pasta (1 cup)	1	Pasta Salad	11	Stewed Tomatoes	186
Wheat Dinner Roll	338	Tater Tots	39	Sautéed Spinach	85	Creamy Tomato Soup (Frozen)	217	Steamed Broccoli	22
Break Bar	35	Fresh Orange	4	Vanilla Pudding Cup	130	Raisins	4	Fruit Pear Cup	8
Calories: 810 Na: 749		Calories: 930 Na: 898		Calories: 838 Na: 789		Calories: 966 Na: 1057		Calories: 885 Na: 966	

Monday 12/12		Tuesday 12/13		Wednesday 12/14		Thursday 12/15		Friday 12/16	
Baked Shell Florentine	340	Swedish Meatballs	210	BBQ Pulled Pork	442	Chicken Pot Pie	321	Seared Beef	60
Spinach Tomato Sauce	426	w/ LS Swedish Gravy	81	w/ Parsley Cous Cous	47	w/ LS Gravy	19	w/ Maple Mustard Sauce	412
Chicken Strips	292	Whole Wheat Pasta (1 cup)	1	Green Beans	4	Mashed Potatoes	48	Brown Rice	42
Diced Carrots	55	Green Peas	62	Wheat Dinner Roll	338	Broccoli	22	Brussel Sprouts	14
Wheat Breadstick	65	Oatmeal Raisin Cookie	75	Lemon Wedge	-	Biscuit	267	Granola Bar	90
Fresh Orange	4			Fresh Apple	-	Apricot Fruit Cup	8		
Calories: 682 Na: 1049		Calories: 882 Na: 588		Calories: 736 Na: 992		Calories: 787 Na: 845		Calories: 732 Na: 778	

Storm Package Announcement: All clients should have received a storm pack containing two meals, to be used in case of a snow storm this winter.
If you have not received a storm package, please call 617-477-6606.

Ethos HDM Menu-December 2022									
Monday 12/19		Tuesday 12/20		Wednesday 12/21		Thursday 12/22		Friday 12/23	
	Na+	Sandwich & Salad Meal	Na+		Na+	High Sodium Meal	Na+	Holiday Special	Na+
Chicken Cordon Royale	550	Garden Salad	27	Baked Pollock w/ Butter Crumbs	168	Hot Dog	490	Pot Roast	135
w/ LS Gravy	19	w/ Chicken Salad Side	198	O'Brien Potatoes	25	w/ Hot Dog Bun	190	w/ Au Jus	36
Dirty Rice	44	Wheat Bread (2)	340	Brussels Sprouts	14	Baked Beans	140	Whipped Potatoes (1 cup)	97
Mixed Vegetables	28	Ranch Dressing	138	Wheat Dinner Roll	338	Sweet Potato Wedges	267	Peas & Pearl Onions	62
Wheat Bread	170	Break Bar	90	Lemon Wedge	-	Ketchup Pkt	82	Wheat Roll	338
Fresh Apple	-			Fresh Orange	4	Mustard Pkt	55	Cinnamon Raisin Rice Pudding	42
Calories: 685 Na: 973		Calories: 800 Na: 989		Calories: 684 Na: 709		Calories: 880 Na: 1385		Calories: 719 Na: 870	
Monday 12/26		Tuesday 12/27		Wednesday 12/28		Thursday 12/29		Friday 12/30	
<div> <div>CLOSED</div> <div> </div> <div> Holiday meals are delivered the week of 12/19/2022 </div> </div>		BBQ Chicken Strips	230	Cheese Lasagna	330	Potato Crunch Pollock	279	Roast Pork	66
		Fiesta Rice (1 cup)	296	w/ Meat Sauce	153	w/ Roasted Root Vegetables (1 cup)	65	w/ LS Gravy	19
		Buttered Green Beans	5	Garlicky Spinach	88	Mixed Vegetables	28	Sweet Potatoes	55
		Strawberry Bar	85	Wheat Breadstick	65	Wheat Bread	170	Diced Beets	134
				Fresh Orange	4	Mixed Fruit Cup	10	Wheat Roll	338
Calories: 761 Na: 775		Calories: 693 Na: 800		Calories: 714 Na: 713		Calories: 772 Na: 828			

'Tis the Season for Physical & Mental Health

From the Desk of Ani Aroian, Registered Dietitian, LDN, MPH

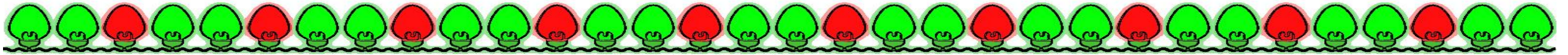
Throughout life, but especially during the winter holidays, it's important to have balance in your daily routine. For example, exercising regularly and eating nourishing meals help us stay physically fit. Equally important, breaking bread with our community and spending time with loved ones help us stay mentally fit. Here are a few ways to help you practice balance in life:

- Eat and drink consistently throughout the day. Don't skip meals.
- Eat a combination of nourishing and delicious foods.
- Exercise daily, at least 30 minutes.
- Socialize with others. Phone a friend or attend holiday events.

Healthy IDEAS Program at Ethos

In the last two weeks, have you felt bothered by having little interest in doing things, or by feeling down or sad?

If you answered "Yes", the Healthy IDEAS program with Ethos may be able to assist you at no cost. For more information, contact Molly O'Brien at 617-477-6930.



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