**Ethos Traditional 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.

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### 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.

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<table>
<thead>
<tr>
<th>Monday 12/5</th>
<th>Tuesday 12/6</th>
<th>Wednesday 12/7</th>
<th>Thursday 12/8</th>
<th>Friday 12/9</th>
</tr>
</thead>
<tbody>
<tr>
<td>BBQ Chicken Drumstick</td>
<td>390</td>
<td>American Chop Suey</td>
<td>235</td>
<td>Teriyaki Salmon Burger</td>
</tr>
<tr>
<td>Mashed Sweet Potatoes</td>
<td>37</td>
<td>Elbow Macaroni</td>
<td>0</td>
<td>&quot;Fried&quot; Rice</td>
</tr>
<tr>
<td>Beets &amp; Greens</td>
<td>73</td>
<td>Mixed Vegetables</td>
<td>18</td>
<td>Carrots</td>
</tr>
<tr>
<td>Whole Grain Cornbread</td>
<td>90</td>
<td>Whole Grain Garlic Toast</td>
<td>350</td>
<td>Wheat Hamburger Bun</td>
</tr>
<tr>
<td>Chocolate Pudding</td>
<td>135</td>
<td>Cinnamon Peaches</td>
<td>10</td>
<td>Oatmeal Cookie</td>
</tr>
<tr>
<td>Margarine</td>
<td>30</td>
<td>Margarine</td>
<td>30</td>
<td>Margarine</td>
</tr>
</tbody>
</table>

**Calories: 796 Na: 880mg**  
**Calories: 758 Na: 768mg**  
**Calories: 692 Na: 776mg**  
**Calories: 686 Na: 1118mg**  
**Calories: 802 Na: 726mg**  

### Thursday 12/1

<table>
<thead>
<tr>
<th>Na+</th>
</tr>
</thead>
<tbody>
<tr>
<td>356</td>
</tr>
<tr>
<td>25</td>
</tr>
<tr>
<td>6</td>
</tr>
<tr>
<td>135</td>
</tr>
<tr>
<td>150</td>
</tr>
</tbody>
</table>

**Calories: 690 Na: 827mg**

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### Friday 12/2

<table>
<thead>
<tr>
<th>Na+</th>
</tr>
</thead>
<tbody>
<tr>
<td>709</td>
</tr>
<tr>
<td>0</td>
</tr>
<tr>
<td>17</td>
</tr>
<tr>
<td>135</td>
</tr>
<tr>
<td>30</td>
</tr>
</tbody>
</table>

**Calories: 770 Na: 1016mg**

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<table>
<thead>
<tr>
<th>Na+</th>
</tr>
</thead>
<tbody>
<tr>
<td>445</td>
</tr>
<tr>
<td>25</td>
</tr>
<tr>
<td>32</td>
</tr>
<tr>
<td>90</td>
</tr>
<tr>
<td>30</td>
</tr>
</tbody>
</table>

**Calories: 845 Na: 921mg**

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**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.**
## Ethos Traditional HDM Menu-December 2022

### Monday 12/19
- **Na+**
  - Chicken Noodle Casserole: 85
  - Egg Noodles: 5
  - Vegetable Medley: 18
  - WG Buttermilk Biscuit: 310
  - Vanilla Pudding: 130
  - Margarine: 30
- **Calories:** 972 | **Na:** 703mg

### Tuesday 12/20
- **Na+**
  - Salisbury Steak w/ Gravy: 270
  - Roasted Potatoes: 152
  - Brussel Sprouts: 23
  - Wheat Roll: 135
  - Fruit: 0
  - Margarine: 30
- **Calories:** 805 | **Na:** 735mg

### Wednesday 12/21
- **Na+**
  - Browned Butter Whole Grain Ravioli w/ Butternut Squash & Mushrooms: 440
  - Green Beans w/ Peppers: 6
  - Wheat Roll: 135
  - Fruit: 0
  - Margarine: 30
- **Calories:** 743 | **Na:** 741mg

### Thursday 12/22
- **Na+**
  - Baked Ham w/ Raisin Sauce: 615
  - Red Skin Mashed Potatoes: 267
  - Carrots: 6
  - Wheat Roll: 135
  - Margarine: 30
- **Calories:** 775 | **Na:** 1319mg

### Friday 12/23
- **High Sodium Meal**
  - Shrimp in Sundried Tomato Cream Sauce: 505
  - Pasta: 0
  - Mixed Vegetables: 17
  - Cornbread: 90
  - Margarine: 30
- **Calories:** 712 | **Na:** 767mg

### Monday 12/26
- **CLOSED**

### Tuesday 12/27
- **Na+**
  - Lemon Herb Butter White Fish: 300
  - Cheesy Mashed Potatoes: 318
  - Kale & Peppers: 14
  - Wheat Roll: 135
  - Chocolate Pudding: 135
  - Margarine: 30
  - Tartar Sauce: 85
- **Calories:** 775 | **Na:** 1142mg

### Wednesday 12/28
- **Na+**
  - Pork Marsala w/ Mushrooms: 430
  - Egg Noodles: 267
  - Mixed Vegetables: 17
  - Cornbread: 90
  - Fruit: 0
  - Margarine: 30
- **Calories:** 740 | **Na:** 959mg

### Thursday 12/29
- **Na+**
  - Oven "Fried" Chicken: 150
  - Black Eyed Peas: 60
  - Carrots: 32
  - Wheat Roll: 135
  - Oatmeal Cookie: 105
  - Margarine: 30
- **Calories:** 705 | **Na:** 637mg

### Friday 12/30
- **Na+**
  - Powerhouse Beef Chili: 270
  - w/ Sweet Potatoes & Shredded Cheese: 103
  - Green Beans: 6
  - Cornbread: 90
  - Cinnamon Peaches: 10
  - Margarine: 30
- **Calories:** 820 | **Na:** 634mg

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**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.

**Healthy IDEAS Program at Ethos**
‘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