### 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.
## Ethos Vegetarian HDM Menu-December 2022

### Monday 12/19
- **Creamy White Bean Casserole**: 393 Na:
- **Egg Noodles**: 5
- **Vegetable Medley**: 18
- **Vanilla Pudding**: 130
- **Margarine**: 30

### Tuesday 12/20
- **Veggie Sausage w/ Gravy**: 588 Na+
- **Roasted Potatoes**: 152
- **Brussel Sprouts**: 23
- **Fruit**: 0
- **Margarine**: 30

### Wednesday 12/21
- **Browned Butter Whole Grain Ravioli**: 440 Na+ **High Sodium Meal**
- **w/Butternut Squash & Mushrooms**: 5
- **Green Beans w/Peppers**: 6
- **Fruit**: 0
- **Margarine**: 30

### Thursday 12/22
- **Baked Tofu w/ Raisin Sauce**: 90
- **Red Skin Mashed Potatoes**: 267
- **Carrots**: 32
- **Brownie**: 115
- **Margarine**: 30

### Friday 12/23
- **Garbanzo Beans in Sundried Tomato Cream Sauce**: 322
- **Pasta**: 0
- **Mixed Vegetables**: 17
- **Cornbread**: 90
- **Margarine**: 30

### Monday 12/26
- **Lemon Herb Buttered Tofu**: 140
- **Cheesy Mashed Potatoes**: 318
- **Kale & Peppers**: 14
- **Wheat Roll**: 135
- **Chocolate Pudding**: 135
- **Margarine**: 30

### Tuesday 12/27
- **Veggie Sausage Marsala w/ Mushrooms**: 795
- **Egg Noodles**: 5
- **Mixed Vegetables**: 17
- **Cornbread**: 90
- **Fruit**: 0
- **Margarine**: 30

### Wednesday 12/28
- **Oven "Fried" Chik’n Cutlet**: 330
- **Black Eyed Peas**: 60
- **Carrots**: 32
- **Wheat Roll**: 135
- **Oatmeal Cookie**: 105
- **Margarine**: 30

### Thursday 12/29
- **Vegetarian Powerhouse Chili**: 495
- **w/Sweet Potatoes & Shredded Cheese**: 103
- **Green Beans**: 6
- **Cornbread**: 90
- **Cinnamon Peaches**: 10
- **Margarine**: 30

### Friday 12/30
- **Chocolate Pudding**: 135
- **Fruit**: 0
- **Oatmeal Cookie**: 105
- **Margarine**: 30

### Holiday Special
- **Garbanzo Beans in Sundried Tomato Cream Sauce**: 322
- **Pasta**: 0
- **Mixed Vegetables**: 17
- **Cornbread**: 90
- **Margarine**: 30

### Calories and Sodium:
- **Monday 12/19**: Calories: 882 Na: 1011mg
- **Tuesday 12/20**: Calories: 762 Na: 1053mg
- **Wednesday 12/21**: Calories: 743 Na: 741mg
- **Thursday 12/22**: Calories: 805 Na: 794mg
- **Friday 12/23**: Calories: 688 Na: 584mg
- **Monday 12/26**: Calories: 710 Na: 897mg
- **Tuesday 12/27**: Calories: 822 Na: 1062mg
- **Wednesday 12/28**: Calories: 677 Na: 817mg
- **Thursday 12/29**: Calories: 760 Na: 859mg

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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