Ethos Vegetarian 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	Na+	Friday 12/2	Na+
Harvest Roasted Chik'n w/ Apple Chutney	286	Veggie Sausage Cacciatore	700
Mashed Butternut Squash	25	Bowtie Pasta	0
Broccoli	6	Mixed Vegetables	17
Wheat Roll	135	Wheat Roll	135
Shortbread Cookie	150	Fruit	0
Margarine	30	Margarine	30
Calories: 772 Na: 757mg		**Calories: 675 Na: 1007mg**	

Monday 12/5	Na+	Tuesday 12/6	Na+	Wednesday 12/7	Na+	Thursday 12/8	Na+	Friday 12/9	Na+
BBQ Tofu	375	Vegetarian Chop Suey	355	Veggie Burger	350	Roasted Veggie Sausage w/ Gravy	588	Rosemary Garlic White Beans	453
Mashed Sweet Potatoes	37	Elbow Macaroni	0	"Fried" Rice	24	Red Skin Mashed Potatoes	267	White Rice	25
Beets & Greens	73	Mixed Vegetables	18	Carrots	32	Green Beans	6	Tuscan Vegetables	31
Whole Grain Cornbread	90	Whole Grain Garlic Toast	350	Wheat Hamburger Bun	230	Wheat Roll	135	Whole Grain Cornbread	90
Chocolate Pudding	135	Cinnamon Peaches	10	Oatmeal Cookie	105	Fruit	0	Fruit	0
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Calories: 768 Na: 865mg		**Calories: 680 Na: 888mg**		**Calories: 692 Na: 896mg**		**Calories: 680 Na: 1151mg**		**Calories: 823 Na: 754mg**	

Monday 12/12		Tuesday 12/13		Wednesday 12/14		Thursday 12/15		Friday 12/16	
Veggie Fritters w/ Herb Aioli		Black Bean & Cheese Fajita Bowl	240	Braised Beans & Vegetables	465	Roasted Tofu w/ Apricot Compote	80	Vegetarian Meatloaf w/ Gravy	442
Sweet Potato Wedges	200	Mexican Rice	31	Mashed Potatoes w/Gravy	180	White Rice	25	Cheesy Au Gratin Potatoes	348
Brussel Sprouts	23	Corn	6	Green Beans w/ Peppers	6	Carrots	32	Mixed Vegetables	18
Wheat Roll	135	Wheat Bread	135	Wheat Roll	135	Whole Grain Cornbread	90	Cornbread Slice	90
Chocolate Pudding	135	Fruit	0	Shortbread Cookie	150	Cinnamon Pears	10	Fruit	0
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Calories: 725 Na: 993mg		**Calories: 753 Na: 567mg**		**Calories: 763 Na: 1091mg**		**Calories: 711 Na: 392mg**		**Calories: 749 Na: 1053mg**	

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.**

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

Ethos Vegetarian HDM Menu-December 2022

Monday 12/19		Tuesday 12/20		Wednesday 12/21		Thursday 12/22		Friday 12/23	
	Na+		**Na+**		**Na+**	***High Sodium Meal***	**Na+**	**Holiday Special**	**Na+**
Creamy White Bean Casserole	393	Veggie Sausage w/ Gravy	588	Browned Butter Whole Grain Ravioli	440	Baked Tofu w/ Raisin Sauce	90	Garbanzo Beans in Sundried Tomato Cream Sauce	322
Egg Noodles	5	Roasted Potatoes	152	w/Butternut Squash & Mushrooms	5	Red Skin Mashed Potatoes	267	Pasta	0
Vegetable Medley	18	Brussel Sprouts	23	Green Beans w/Peppers	6	Carrots	32	Mixed Vegetables	17
WG Buttermilk Biscuit	310	Wheat Roll	135	Wheat Roll	135	Wheat Roll	135	Cornbread	90
Vanilla Pudding	130	Fruit	0	Fruit	0	Brownie	115	Fruit	0
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Calories: 882 Na: 1011mg		**Calories: 762 Na: 1053mg**		**Calories: 743 Na: 741mg**		**Calories: 805 Na: 794mg**		**Calories: 688 Na: 584mg**	

Monday 12/26	Tuesday 12/27		Wednesday 12/28		Thursday 12/29		Friday 12/30	
CLOSED	Lemon Herb Buttered Tofu	140	Veggie Sausage Marsala w/ Mushrooms	795	Oven "Fried" Chik'n Cutlet	330	Vegetarian Powerhouse Chili	495
	Cheesy Mashed Potatoes	318	Egg Noodles	5	Black Eyed Peas	60	w/Sweet Potatoes & Shredded Cheese	103
	Kale & Peppers	14	Mixed Vegetables	17	Carrots	32	Green Beans	6
	Wheat Roll	135	Cornbread	90	Wheat Roll	135	Cornbread	90
	Chocolate Pudding	135	Fruit	0	Oatmeal Cookie	105	Cinnamon Peaches	10
Holiday meals are delivered the week of 12/19/2022	Margarine	30	Margarine	30	Margarine	30	Margarine	30
	Calories: 750 Na: 897mg		**Calories: 822 Na: 1062mg**		**Calories: 677 Na: 817mg**		**Calories: 760 Na: 859mg**	

‘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