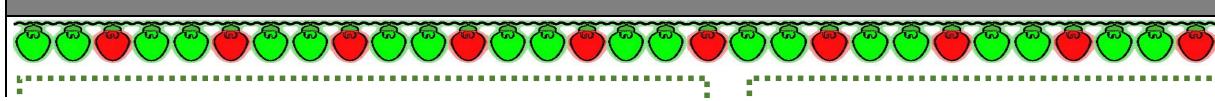
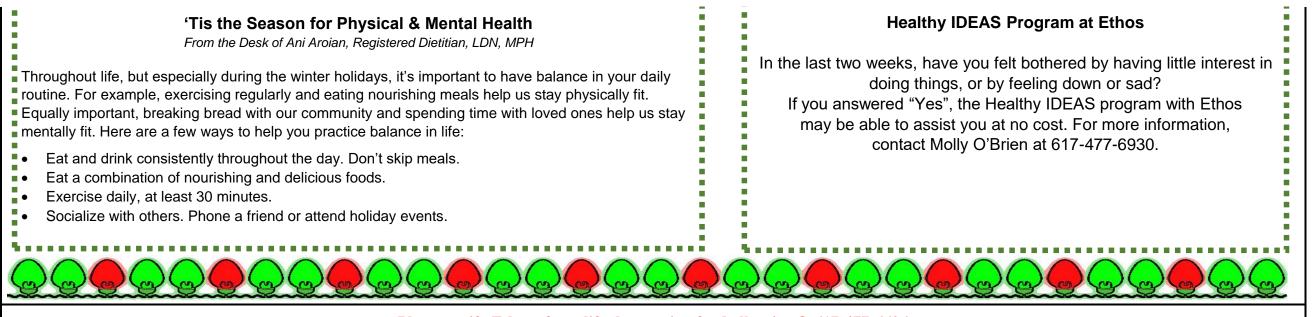
		Ethos V	/ege	tarian HDM Menu	-Deo	cember 2022				
ETHOS		A suggested donation of \$2.0 Calories for the total me Milligrams of s Milk= 12 All nutrition inform To cancel a meal, p	All HDM Drivers are required to see someone at delivery and ask about clients at least twice week. No meals will be left without seeing someone at delivery.							
						Thursday 12/1	Friday 12/2			
dikes andike				t: **************			Na+		Na+	
On Monday, 12/26/2022	liday Closures Announce is closed due to the Christma	Harvest Roasted Chik'n w/ Apple Chutney Mashed Butternut Squash	286 25	Veggie Sausage Cacciatore Bowtie Pasta	700					
	holiday meal the week of 12/19.						6	Mixed Vegetables	17	
On Monday, 1/02/2023	On Monday, 1/02/2023, Ethos is closed for New Year's Day holiday. You will receive a frozen						135	Wheat Roll	135	
••••••••••••••••••••••••••••••••••••••		holiday meal the week of 12/2				Wheat Roll Shortbread Cookie	150	Fruit	0	
holiday mear the week of 12/27.						Margarine	30	Margarine	30	
						Calories: 772 Na: 757mg		Calories: 675 Na: 1007mg		
Monday 12/5	Tuesday 12/6 Wednesday 12/7					Thursday 12/8		Friday 12/9		
	Na+		Na+		Na+		Na+		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		
		Black Bean & Cheese Fajita Bowl	240	Braised Beans & Vegetables	465	Roasted Tofu w/ Apricot Compote	80	Vegetarian Meatloaf w/ Gravy	442	
Veggie Fritters w/ Herb Aioli	1 200	Mexican Rice	31	Mashed Potatoes w/Gravy	180	White Rice	25	Cheesy Au Gratin Potatoes	348	
Veggie Fritters w/ Herb Aioli Sweet Potato Wedges	200	Wicklean Mice		-						
	200	Corn	6	Green Beans w/ Peppers	6	Carrots	32	Mixed Vegetables	18	
Sweet Potato Wedges				Green Beans w/ Peppers Wheat Roll	6 135	Carrots Whole Grain Cornbread	32 90	Mixed Vegetables Cornbread Slice	18 90	
Sweet Potato Wedges Brussel Sprouts	23	Corn	6				1 1	-		
Sweet Potato Wedges Brussel Sprouts Wheat Roll	23 135	Corn Wheat Bread	6 135	Wheat Roll	135	Whole Grain Cornbread	90	Cornbread Slice	90	

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 Vegetable Medley	18	Roasted Potatoes Brussel Sprouts	152 23	w/Butternut Squash & Mushrooms Green Beans w/Peppers	5 6	Red Skin Mashed Potatoes Carrots	267 32	Pasta Mixed Vegetables	0			
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			
Holiday meals are delivered the week of 12/19/2022		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			
		Margarine	30	Margarine	30	Margarine	30	Margarine	30			
		Calories: 750 Na: 897mg		Calories: 822 Na: 1062mg		Calories: 677 Na: 817mg		Calories: 760 Na: 859mg				





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