

Ethos HDM Menu-January 2023



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.

Monday 1/2	Tuesday 1/3	Wednesday 1/4	Thursday 1/5	Friday 1/6					
Winters in New England occasionally provide us with snow emergencies that require us to close. If you are concerned about a delivery due to bad weather, Ethos' closing announcements are listed on local television stations: channel 5 and channel 7.	Na+	Na+	Na+	Na+					
	Hot Dog w/ Bun	490 190	Chicken Piccata w/ Lemon Caper Sauce	95 179	Rigatoni Bolognese Italian Green Beans Wheat Roll	266 37 338	Chicken Cordon Royale w/ LS Gravy Rice Pilaf (1 C) Green Beans Craisins	550 32 61 4 2	
	Baked Beans Peas n' Carrots Mustard Pkt Ketchup Pkt Fresh Pear	140 62 55 82 2	Mushroom Risotto Steamed Broccoli Wheat Bread Fresh Orange	64 22 170 4	Birthday Cake w/ Whipped Topping	221			
	Cal: 733 Na: 1180		Cal: 698 Na: 694		Cal: 923 Na: 1023		Cal: 1005 Na: 809		
	Monday 1/9	Tuesday 1/10	Wednesday 1/11	Thursday 1/12	Friday 1/13				
				Sandwich & Soup Menu					
	Cheese Ravioli w/ Meatballs (2) w/ Tomato Sauce Italian Vegetables Wheat Breadstick Peach Fruit Cup	190 210 134 37 65 8	Grilled Chicken Fajitas w/ Peppers & Onions Tomato Rice w/ Black Beans Mixed Vegetables Tortilla Fresh Orange	500 52 36 28 170 4	Beef and Lentil Chili w/ Baked Potato Honey Roasted Carrots Wheat Roll Apple Cinnamon Bar	157 29 97 337 90	BBQ Pulled Pork Sandwich w/ Bulkie Roll Baked Beans Minestrone Soup Pickle Chips Sugar-Free Cookies	220 340 140 126 91 70	Roasted Turkey Medallions w/ LS Gravy Garlic Mashed Potatoes Green Beans Wheat Roll Fresh Apple
Cal: 770 Na: 804	Cal: 737 Na: 949	Cal: 737 Na: 949	Cal: 923 Na: 1147	Cal: 850 Na: 1140					

Stay Food Safe this Winter: Messages from the Massachusetts Partnership of Food Safety Education

During a power outage, your refrigerator keeps food safe up to 4 hours if it's kept closed. After that, discard refrigerated perishable food such as meat, poultry, fish, eggs & leftovers. Do not place perishable food out in the snow since outside temperatures can vary, and exposed foods can lead to unsanitary conditions and animals.

If the power goes out, use perishable and refrigerated foods first. Then, use the foods from the freezer, followed by canned and shelf-stable foods last. If a flood happens in your home, do not eat the foods that may have touched the flood water: non-waterproof containers, cardboard boxes and damaged cans. When in doubt, throw it out!

For more food safety tips when the electricity goes out, visit www.mafoodsafetyeducation.info.

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

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Monday 1/16	Tuesday 1/17	Wednesday 1/18	Thursday 1/19	Friday 1/20																																																
<p>CLOSED</p>  <p>Frozen holiday meals will be delivered the week of 1/9/2023</p>	<p>High Sodium Meal</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Salisbury Steak</td><td style="text-align: right;">134</td></tr> <tr><td>w/ Tomato Pizzaiola Sauce</td><td style="text-align: right;">524</td></tr> <tr><td>Tater Tots</td><td style="text-align: right;">370</td></tr> <tr><td>Italian Vegetables</td><td style="text-align: right;">37</td></tr> <tr><td>Fresh Orange</td><td style="text-align: right;">4</td></tr> <tr><td>Cal: 859 Na: 1229</td><td></td></tr> </table>	Salisbury Steak	134	w/ Tomato Pizzaiola Sauce	524	Tater Tots	370	Italian Vegetables	37	Fresh Orange	4	Cal: 859 Na: 1229		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Artichoke Grilled Chicken</td><td style="text-align: right;">324</td></tr> <tr><td>w/ Rosemary & Artichoke Sauce</td><td style="text-align: right;">89</td></tr> <tr><td>Wheat Penne Pasta (1 C)</td><td style="text-align: right;">2</td></tr> <tr><td>Spinach</td><td style="text-align: right;">85</td></tr> <tr><td>Sugar-Free Vanilla Pudding</td><td style="text-align: right;">130</td></tr> <tr><td>Cal: 838 Na: 789</td><td></td></tr> </table>	Artichoke Grilled Chicken	324	w/ Rosemary & Artichoke Sauce	89	Wheat Penne Pasta (1 C)	2	Spinach	85	Sugar-Free Vanilla Pudding	130	Cal: 838 Na: 789		<p>New Recipe Special</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Orange-Glazed Salmon</td><td style="text-align: right;">140</td></tr> <tr><td>Asian Rice Pilaf</td><td style="text-align: right;">296</td></tr> <tr><td>Asparagus</td><td style="text-align: right;">3</td></tr> <tr><td>Wheat Roll</td><td style="text-align: right;">338</td></tr> <tr><td>Raisins</td><td style="text-align: right;">4</td></tr> <tr><td>Cal: 767 Na: 942</td><td></td></tr> </table>	Orange-Glazed Salmon	140	Asian Rice Pilaf	296	Asparagus	3	Wheat Roll	338	Raisins	4	Cal: 767 Na: 942		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Wheat Mac n' Cheese Pasta (1 C)</td><td style="text-align: right;">579</td></tr> <tr><td>w/ Golden Baked Butternut Squash</td><td style="text-align: right;">12</td></tr> <tr><td>Stewed Tomatoes</td><td style="text-align: right;">186</td></tr> <tr><td>Steamed Broccoli</td><td style="text-align: right;">22</td></tr> <tr><td>Mixed Fruit Cup</td><td style="text-align: right;">10</td></tr> <tr><td>Cal: 827 Na: 968</td><td></td></tr> </table>	Wheat Mac n' Cheese Pasta (1 C)	579	w/ Golden Baked Butternut Squash	12	Stewed Tomatoes	186	Steamed Broccoli	22	Mixed Fruit Cup	10	Cal: 827 Na: 968	
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Ethos Nutrition Advice

If you have questions about our menus, or concerns about your nutrition status, please contact the Community Dietitian, Ani Aroian, RD, LDN, MPH, at 617-477-6606.

Ethos Meals on Wheels Information From the Desk of Ani Aroian, Registered Dietitian, LDN, MPH

Every weekday, the Ethos Meals on Wheels program delivers hot, nutritious meals to hundreds of homebound elderly and disabled residents of Allston, Brighton, Hyde park, Jamaica Plain, Mattapan, Roslindale and West Roxbury. The menus cater to many tastes, featuring Vietnamese, Latino, Caribbean, Vegetarian, and Kosher dishes as well as traditional American fare. There are also therapeutic meals available for those who have life-threatening food allergies or need textural modifications.

All meals, including calories and nutrients, meet 1/3 of the current Dietary Reference Intake (DRI) for people ages 51 years or older. This includes one serving high-quality protein daily, a variety of fruits, raw and cooked vegetables daily, and a rotation of high-fiber breads. In addition, we serve low-to-no-salt added foods, which offers heart-healthy options on a daily basis.

For more information about Ethos menus, call 617-477-6606 or visit www.ethocare.org/services/nutrition/meals-on-wheels-menus.

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