

# Ethos Traditional 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	
<div>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.</div>			Na+		Na+		Na+		Na+
		Shepherd's Pie	345	Broccoli Cheddar Stuffed Chicken	410	Cajun Shrimp	550	Cheeseburger	350
		Mashed Potatoes	113	Sweet Rice	25	Pasta	0	Baked Beans	140
		Brussel Sprouts	23	Mixed Vegetables	17	Vegetable Medley	17	Carrots	45
		Whole Grain Cornbread	180	Wheat Roll	135	Wheat Roll	135	Wheat Hamburger Bun	230
		Chocolate Pudding	135	Cinnamon Peaches	10	Shortbread Cookie	150	Fruit	0
		Margarine	30	Margarine	30	Margarine	30	Margarine	30
								Ketchup	85
		Cal:903 Na:951mg		Cal:715 Na:752mg		Cal:686 Na:1007mg		Cal:763 Na:1005mg	
Monday 1/9		Tuesday 1/10		Wednesday 1/11		Thursday 1/12		Friday 1/13	
						<u>Holiday Meal</u>			
Honey Mustard Chicken Cutlet	715	Beef Stew	220	Teriyaki Salmon	425	Roasted Chicken Drumstick	97	Pot Roast w/ Brown Gravy	523
Rice Pilaf	55	w/ Buttermilk Biscuit	310	White Rice	25	Mac & Cheese	323	Garlic Mashed Potatoes	113
Green Beans	6	Broccoli	6	Corn w/ Peppers	6	Collard Greens	40	Green Beans w/ Red Peppers	6
Wheat Roll	135	Warm Pears	10	Wheat Bread	135	Wheat Roll	135	Cornbread Loaf	180
Vanilla Pudding	130	Margarine	30	Fruit	0	Mixed Fruit	10	Chocolate Pudding	135
Margarine	30			Margarine	30	Margarine	30	Margarine	30
Cal:756 Na:1196mg		Cal:732 Na:701mg		Cal:680 Na:746mg		Cal:814 Na:760mg		Cal:751 Na:1112mg	

## 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](http://www.mafoodsafetyeducation.info).

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

## Ethos Traditional HDM Menu-January 2023

Monday 1/16		Tuesday 1/17		Wednesday 1/18		Thursday 1/19		Friday 1/20	
<div>CLOSED</div> <div></div> <div>Frozen holiday meals will be delivered the week of 1/9/2023</div>			Na+				Na+		Na+
		Spiced Pork w/ Pear Chutney	100	Breaded Cod	260	Lemon Ricotta Parmesan	97	Tuscan Chicken	200
		Butternut Squash	25	Macaroni & Cheese	323	WG Cheese Ravioli	380	Orzo	2
		Brussel Sprouts	23	Kale & Corn	14	Green Peas	6	Broccoli	6
		Cornbread Loaf	180	Wheat Bread	135	Wheat Bread	135	Wheat Roll	135
		Oatmeal Cookie	105	Apricot Crisp	73	Fruit	0	Fruit	0
		Margarine	30	Margarine	30	Margarine	30	Margarine	30
				Tartar Sauce	85				
		Cal:826 Na:588mg		Cal:1088 Na:1045mg		Cal:725 Na:773mg		Cal:730 Na:498mg	

Monday 1/23		Tuesday 1/24		Wednesday 1/25		Thursday 1/26		Friday 1/27	
American Chop Suey (Beef)	267	Maple Bacon Glazed Chicken	156	White Fish in Sundried Tomato Cream Sauce	485	Chicken Picatta	530	Beef Stroganoff	178
Elbow Macaroni	0	Sweet Potatoes	37	Wild Rice	25	Mashed Potatoes	113	Egg Noodles	5
Tuscan Blend Vegetables	31	Green Beans	6	Mixed Vegetables	17	Carrots	45	Brussel Sprouts	23
Wheat Bread	135	Wheat Roll	135	White Bread	150	Whole Grain Cornbread	180	Wheat Roll	135
Vanilla Pudding	130	Fruit	0	Brownie	115	Fruit	0	Cinnamon Peaches	10
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Cal:713 Na:718mg		Cal:696 Na:489mg		Cal:735 Na:947mg		Cal:718 Na:1023mg		Cal:740 Na:506mg	

Monday 1/30		Tuesday 1/31	
WG Breaded Pollock	330	Whole Grain Cheese Lasagna	390
Rice Pilaf	55	w/ Turkey Bolognese & Parm Garnish	458
Mixed Vegetables	17	Vegetable Medley	18
Wheat Roll	135	Wheat Roll	135
Chocolate Pudding	130	Warm Pears	10
Margarine	30	Margarine	30
Tartar Sauce	85		
<b>Cal:745 Na:907mg</b>		<b>Cal:678 Na:1022mg</b>	

**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](http://www.ethocare.org/services/nutrition/meals-on-wheels-menus).

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