

Ethos Vegetarian 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+ | High Sodium Meal | Na+ | | | |
| | Vegetarian Shepherd's Pie | 262 | Roasted Tofu w/ Gravy | 145 | Cajun Beans | 335 | Veggie Burger | 575 | |
| | 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:766 Na:868mg | | Cal:675 Na:487mg | | Cal:685 Na:792mg | | Cal:675 Na:1230mg | | |
| Monday 1/9 | Tuesday 1/10 | Wednesday 1/11 | Thursday 1/12 | Friday 1/13 | | | | | |
| | | | Holiday Meal | | | | | | |
| Honey Mustard Chik'n Cutlet | 395 | Lentil Stew | 208 | Teriyaki Tofu | 595 | Roasted Chickpeas w/ Gravy | 180 | Veggie Sausage w/ Gravy | 568 |
| 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:716 Na:876mg | | Cal:690 Na:689mg | | Cal:675 Na:916mg | | Cal:831 Na:843mg | | Cal:730 Na:1157mg |

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

Ethos Vegetarian HDM Menu-January 2023

| Monday 1/16 | Tuesday 1/17 | Wednesday 1/18 | Thursday 1/19 | Friday 1/20 | | | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|----------------|-------------------------|-------------|-------------------------|-----|----------------------------|-----|
| CLOSED | | Na+ | | Na+ | | | | |
|  Frozen holiday meals will be delivered the week of 1/9/2023 | Spiced Tofu w/ Pears | 75 | Chik'n Cutlet | 260 | Tuscan Veggie Fritters | 340 | Lemon Ricotta Parmesan | 97 |
| | Butternut Squash | 25 | Macaroni & Cheese | 323 | Orzo | 2 | WG Cheese Ravioli (4 each) | 380 |
| | Brussel Sprouts | 23 | Kale & Corn | 14 | Broccoli | 6 | Green Peas | 6 |
| | Cornbread Loaf | 180 | Wheat Bread | 135 | Wheat Roll | 135 | Wheat Bread | 135 |
| | Oatmeal Cookie | 105 | Apricot Crisp | 73 | Fruit | 0 | Fruit | 0 |
| | Margarine | 30 | Margarine | 30 | Margarine | 30 | Margarine | 30 |
| | Cal:720 Na:563mg | | Cal:994 Na:960mg | | Cal:737 Na:638mg | | Cal:725 Na:773mg | |

| Monday 1/23 | Tuesday 1/24 | Wednesday 1/25 | Thursday 1/26 | Friday 1/27 | | | | | |
|-------------------------|-------------------------|----------------------------|-------------------------|------------------------------------|-------------------------|--------------------------|-------------------------|-----------------------|-------------------------|
| Vegetarian Chop Suey | 540 | Maple Glazed Chik'n Cutlet | 275 | Pancho Beans in Sundried Tomato Sa | 284 | Tofu & Artichoke Picatta | 318 | Vegetarian Stroganoff | 413 |
| 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:682 Na:991mg | | Cal:695 Na:608mg | | Cal:793 Na:746mg | | Cal:753 Na:811mg | | Cal:748 Na:741mg |

| Monday 1/30 | Tuesday 1/31 | <b style="color: red;">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. | | | | | | | |
|-------------------|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|--|--|--|--|--|--|
| Falafel | 680 | Whole Grain Cheese Lasagna | 390 | | | | | | |
| Rice Pilaf | 55 | w/ Lentil 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 | | | | | | |
| | Cal:775 Na:1172mg | | Cal:695 Na:1166mg | | | | | | |

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.

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