

Ethos HDM Menu-May 2023



A suggested donation of \$2.00 is requested. Each meal includes low-fat milk and margarine. Total calories and sodium, including milk and margarine, are listed for each day.
Milk=125 mg sodium. Margarine=35 mg sodium. To cancel a meal, please call (617) 477-6606 by 9AM the previous day. Menus are subject to change.

Attention: On Monday, May 29, 2023, meals will not be delivered due to the holiday. Ethos will be closed. If you normally have a delivery on Monday's, you will receive a frozen meal the week of May 22nd

All HDM Drivers are required to see someone at delivery and ask about clients at least twice per week. No meals will be left without seeing someone at delivery.

Monday 5/1		Tuesday 5/2		Wednesday 5/3		Thursday 5/4		Friday 5/5	
	Na+		Na+		Na+		Na+		Na+
BBQ Chicken Strips	495	Spring Beef & Vegetable Stew	300	Cheese Lasagna	290	Chili Lime Chicken Thighs	172	Homestyle Meatloaf	187
Sweet Potato Wedges	267	Egg Noodles	24	w/ Marinara Sauce	198	Fiesta Rice (1C)	296	w/ LS Gravy	53
Buttered Green Beans	4	Squash & Red Peppers	4	Steamed Cauliflower	13	Brussels Sprouts	14	Garlic Mashed Potatoes	33
Biscuit	267	Wheat Dinner Roll	338	WG Breadstick	65	Birthday Cake	200	Green Beans	4
Fresh Orange	4	Craisins	2	Blueberry Snack N' Loaf	160	w/ Whipped Topping	21	Wheat Dinner Roll	338
								Mixed Berry Applesauce	15
Cal: 737 Na: 1161		Cal: 953 Na: 829		Cal: 679 Na: 886		Cal: 1013 Na: 862		Cal: 703 Na: 789	
Monday 5/8		Tuesday 5/9		Wednesday 5/10		Thursday 5/11		Friday 5/12	
						Sandwich & Soup Menu		Happy Mother's Day Weekend!	
Italian Unstuffed Cabbage Rolls		Spring Pasta & Turkey Meatballs		Grilled Chicken Fajitas		Egg Salad Sandwich	354	WG Breaded Chicken Bites	573
w/ Ground Beef & Tomatoes		w/ Garlic & Parmesan Sauce		w/ Peppers & Onions		w/ Croissant Bread	150	Mashed Potatoes	48
White Rice		Sliced Zucchini & Squash		Tomato Rice w/ Black Beans		Lettuce & Tomato	-	w/ Cream Gravy	137
Baby Carrots		Wheat Dinner Roll		Mixed Vegetables		Three-Bean Salad	323	Asparagus	3
Biscuit		Raisins		Tortilla		Minestrone Soup	126	Peach Shortcake	278
Fresh Pear				Strawberry Bar		Fresh Green Apple	1	w/ Whipped Topping	21
Cal: 735 Na: 391		Cal: 858 Na: 1169		Cal: 773 Na: 1030		Cal: 844 Na: 1114		Cal: 693 Na: 1152	

May is Older Americans Month - *From the Desk of Ethos Dietitian, Ani Aroian, MPH, RDN, LDN*

Eating a balanced diet and staying active can help prevent malnutrition. Malnutrition is when a person's body is either undernourished or over-nourished that can lead to medical complications. When most people think malnutrition, they think undernourished people who don't have enough calories or nutrients to survive. However, malnutrition also means people who are over-nourished in calories, but not enough in nutritious foods.

Risk Factors: Low appetite, loss of muscle or fat, not enough healthy foods, bone density loss

Signs & Symptoms: Unplanned weight loss or weight gain, decreased appetite or ability to eat food, fatigue, fluid retention

If you notice any of these signs and symptoms, please contact the Ethos Dietitian at 617-477-6606.




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

Ethos HDM Menu-May 2023

Monday 5/15		Tuesday 5/16		Wednesday 5/17		Thursday 5/18		Friday 5/19	
	Na+		Na+		Na+		Na+		Na+
Salisbury Steak	134	Chicken "Fried" Rice (1C)	654	Sweet n' Sour Meatballs	245	Pollock w/ Butter Crumb Topping	374	Vegetarian Mac n' Cheese Primavera	400
w/ LS Gravy	53	Steamed Broccoli (1C)	43	White Rice	16	Scalloped Potatoes	47	w/ Broccoli, Peas & Red Peppers	35
Cheddar Mashed Potatoes	42	Fresh Orange	4	Stewed Tomatoes	191	Roasted Beets	134	WG Breadstick	65
Green Peas	62			Wheat Dinner Roll	338	Wheat Bread	170	Fresh Apple	1
Wheat Bread	170			SF Chocolate Pudding	130	Oatmeal Raisin Cookie			
Fresh Apple	1								
Cal: 682 Na: 662		Cal: 1131 Na: 861		Cal: 820 Na: 1096		Cal: 7 Na: 960		Cal: 762 Na: 661	

Monday 5/22		Tuesday 5/23		Wednesday 5/24		Thursday 5/25		Friday 5/26	
	Na+	Salad & Soup Menu High Sodium Meal	Na+		Na+		Na+	High Sodium Meal	Na+
Chicken Pot Pie	321	Vegetarian Tex-Mex Salad (1C)	460	Seared Garlic Beef	113	Pasta n' Peas		LS Beef Hot Dog	490
w/ LS Gravy	32	w/ Boiled Egg	37	Lemon Orzo Rice Pilaf (1C)	112	w/ Grilled Chicken		Hot Dog Bun	190
Green Beans	4	Ranch Dressing Pkt	119	Roasted Brussels Sprouts	14	California Blend Vegetables		Baked Beans	70
Biscuit	267	Vegetable Soup	383	Fresh Orange	4	WG Breadstick		Diced Carrots	55
Raisins	4	Cinnaman Graham Crackers	85			Cocktail Fruit Cup		Ketchup & Mustard Pkts	137
								Brownie	127
Cal: 757 Na: 789		Cal: 930 Na: 1244		Cal: 835 Na: 402		Cal: 693 Na: 910		Cal: 708 Na: 1299	

Monday 5/29	Tuesday 5/30		Wednesday 5/31		<div>Wondering What "WG" or "LS" Mean?</div> <div>WG = Whole Grain Cal = Calories 1C = 1 Cup Na = Sodium Pkt(s) = Packet(s) LS = Low Sodium SF = Sugar-Free</div>
<div>CLOSED</div> <div></div>					
	Chicken & Cheese Tortellini	854	Shepherd's Beef Pie	405	
	w/ Creamy Tomato Sauce	60	w/ LS Gravy	53	
	Italian Blend Vegetables	37	Buttered Carrot Coins	97	
	WG Breadstick	65	Biscuit	267	
Fresh Orange	4	Fresh Apple	1		
	Cal: 846 Na: 1180		Cal: 723 Na: 983		

Attention MassHealth Members: Don't Miss Out to Renew Your Coverage!

The COVID Public Health Emergency (PHE) ended March 31, 2023 and MassHealth is sending out renewal forms to members in blue envelopes. When you get the letter, it's very important that you complete the renewal forms and mail them in, or submit online, by the deadline listed in the letter. Failure to return the forms will result in MassHealth ending your coverage. If you have questions about these forms, contact:



SHINE Program at Ethos: 617-522-9270
Boston Public Health Commission: 617-534-5050
Benefits Enrollment Center at ESAC: 617-524-2555 x 110

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