


Ethos Traditional HDM Menu - January 2024



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. 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. Menus are subject to change.

To cancel a meal, please call 617-477-6606 by 9AM the previous day.

All HDM Drivers are required to see someone at delivery. No meals will be left without seeing someone at delivery.

Monday 1/1		Tuesday 1/2		Wednesday 1/3		Thursday 1/4		Friday 1/5	
 <i>Happy New Year!</i> Ethos is closed. Frozen meals are delivered week of December 26, 2023.			Na+		Na+		Na+		Na+
	Chicken Anna Maria	225		Tuscan White Fish	186	Powerhouse Turkey Chili	275	Broccoli Cheddar Stuffed Chicken	410
	Roasted Potatoes	120		Rice Pilaf	55	w/ Shredded Cheese	102	Mashed Sweet Potatoes	37
	Brussel Sprouts	23		Kale & Red Peppers	14	Carrots	30	Vegetable Medley	24
	Wheat Bread	135		Whole Grain Cornbread	180	Whole Grain Biscuit	310	Wheat Roll	135
	Vanilla Pudding	130		Fruit	0	Shortbread Cookie	150	Fruit	0
		30			30		30		30
Cal:706 Na:788mg				Cal:765 Na:590mg				Cal:861 Na:1022mg	
								Cal:702 Na:761mg	
Monday 1/8		Tuesday 1/9		Wednesday 1/10		Thursday 1/11		Friday 1/12	
	Na+		Na+		Na+		Na+		Na+
Beef Stew	320	Sausage w/ Abruzzi Sauce	688	Holiday Meal		Teriyaki Salmon	415	Turkey Bolognese & Parm Cheese	422
w/ Biscuit	310	Bowtie Pasta	0		150	White Rice	25	Pasta	0
Mixed Vegetables	25	California Blend Vegetables	46		323	Corn w/ Peppers	6	Green Beans w/ Red Peppers	6
Chocolate Pudding	135	Wheat Bread	135		40	Cornbread Loaf	180	Garlic Toast	270
	30	Fruit	0		135	Fruit	0	Fruit	0
			30		125		30		30
					30				
Cal:725 Na:945mg		Cal:735 Na:1024mg		Cal:1191 Na:928mg		Cal:760 Na:781mg		Cal:695 Na:853mg	

Happy New Year! Wishing You Good Health & Nutrition in 2024!

- From the desk of the Ethos Dietitian, Ani Aroian, MPH, RDN, LDN


With every new year comes "New Year's Resolutions", also known as nutrition or fitness goals (ex. eat more vegetables, reduce your sugar intake, exercise more). Here are some action-filled steps on how to achieve your health and nutrition goals:

- 1. **Start small** - what is something easy you can change about your habits?
- 2. **Gradually increase** - first, practice 1-2x/week for a few weeks, then increase amount again.
- 3. **Reassess** - in the past 3 months, how close have you gotten to achieve this goal?

If you have questions or concerns about your nutrition status, please call the Ethos Dietitian at 617-477-6606.

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

Ethos Traditional HDM Menu- January 2024

Monday 1/15			Tuesday 1/16		Wednesday 1/17		Thursday 1/18		Friday 1/19		
<div><p>WE WILL BE <u>CLOSED</u> ON</p><div><div><div>MLK</div><div>MARTIN LUTHER</div></div><div></div><div><div>DAY</div><div>KING JR. DAY</div></div></div><p>Frozen meals are delivered week of January 8, 2024.</p></div>				Na+		Na+		Na+		Na+	
			Chicken Piccata	540	Beef Stroganoff	390	WG Cheese Ravioli	360	Honey Garlic Shrimp	372	
			Mashed Potatoes	160	Egg Noodles	5	w/ Sage Cream Sauce	160	Roasted Potatoes	120	
			Carrots	30	Brussel Sprouts	23	Broccoli	6	Carrots	30	
			Wheat Roll	135	Cornbread Loaf	180	Wheat Bread	135	Cornbread	180	
			Vanilla Pudding	130	Fruit	0	Pound Cake	240	Fruit	0	
			Margarine	30	Margarine	30	Margarine	30	Margarine	30	
			Cal:747 CHO:84g Na:1150mg		1150	Cal:700 CHO:85g Na:1059mg			Cal:700 CHO:85g Na:1059mg		1056

Monday 1/22		Tuesday 1/23		Wednesday 1/24		Thursday 1/25		Friday 1/26	
	Na+		Na+		Na+		Na+		Na+
Pot Roast w/ Brown Gravy	588	Herb Crusted White Fish	330	Chicken Alfredo	628	Braised Beef w/ Vegetables	131	Whole Grain Cheese Lasagna	390
Mashed Potatoes	160	Wild Rice	25	Whole Grain Pasta	0	White Rice	25	w/ Marinara & Parm	403
Green Peas	6	Green Beans	6	Broccoli	6	Mixed Vegetables	24	Vegetable Medley	24
Wheat Roll	135	Wheat Roll w/ Fruit	135	Wheat Roll	135	Wheat Roll	135	Wheat Bread	135
Oatmeal Cookie	135	Tartar Sause	85	Chocolate Pudding	135	Fruit	0	Fruit	0
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Cal:705 CHO:85g Na:1179mg		Cal:767 Na:736mg		Cal:700 Na:1059mg		Cal:717 :470mg			

Monday 1/29		Tuesday 1/30		Wednesday 1/31	
	Na+		Na+		Na+
BBQ Chicken	380	Beef Chili w/ Shredded Cheese	456	Pork Sausage Cacciatore	744
Baked Beans	140	Whole Grain Biscuit	310	Whole Grain Pasta	0
Green Beans w/ Peppers	6	Green Peas	6	Carrots	30
Wheat Roll	135	Fruit	0	Wheat Roll	135
Vanilla Pudding	130	Margarine	30	Fruit	0
Margarine	30			Margarine	30
Cal:706 Na:946mg		Cal:835 Na:927mg		Cal:728Na:1064mg	

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.

Ethos Meals on Wheels Menu Information	
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Every week, 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 and older. This includes one serving of high-quality protein daily, a variety of fruits and vegetables, and a rotation of high-fiber breads. In addition, we serve low-to-no-added salt in foods, which offers heart-healthy options daily.

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

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