

Ethos Traditional Menu-January 2025



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.

ANNOUNCEMENTS

Snow Emergencies: If you are concerned that Ethos is closed due to bad weather, please call the main number at 617-522-6700. Ethos' closing announcement is also listed on local television stations Channel 5 and Channel 7.

Healthy Incentives Program (HIP) Benefit Change: Since December 2024, the maximum HIP benefit a household can use will be \$20 a month for all households, regardless of size. The Supplemental Nutrition Assistance Program (SNAP) benefits are not impacted by this change. For more information, visit: mass.gov/HIPChange.

Wednesday 1/1/2025



Ethos is closed.
Frozen meals delivered week of 12/23/24

Thursday 1/2

Salmon Florentine
Mashed Potatoes
Carrots
Cornbread Loaf
Peach Fruit Cup

Na+

182
22
56
180
5

Cal:727 Na:580mg

Friday 1/3

American Chop Suey (Turkey)
Whole Grain Pasta
Broccoli & Red Peppers
Wheat Roll
Pudding

Na+

270
1
29
150
130

Cal:738 Na:715mg

Monday 1/6

Tuesday 1/7

Wednesday 1/8

Thursday 1/9

Friday 1/10

Na+

602
25
26
80
3

Cal:695 Na:871mg

Na+

Chicken Noodle Casserole
Egg Noodles
Carrots
Wheat Roll
Pudding

397
7
56
150
130

Cal:808 Na:875mg

Na+

White Fish Picatta
Rice Pilaf
Green Peas
Hawaiian Roll
Shortbread Cookie

450
50
20
80
150

Cal:844 Na:885mg

Na+

Chicken w/ Cheese Tortellini
w/ Pesto Cream Sauce
Green Beans w/ Red Peppers
Dinner Roll
Mandarin Fruit Cup

225
260
20
150
5

Cal:839 Na:795mg

Na+

Pot Roast w/ Brown Gravy
Mashed Sweet Potatoes
California Blend Vegetables
Wheat Bread
Applesauce

584
42
34
65
2

Cal:660 Na:862mg

Happy New Year! Wishing You Good Health & Nutrition in 2025! - From the Desk of the Community Dietitian at Ethos

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

- 1. Start Small** - What is something easy you can change about your habits?
- 2. Gradually Increase** - Can you increase vegetables from 2 to 3 servings/day? Or increase exercise from 1 to 2 times weekly?
- 3. Reassess** - In the past 3 months, how close have you gotten to achieve this goal?

Questions about the menus 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 Menu-January 2025

Monday 1/13		Tuesday 1/14		Wednesday 1/15		Thursday 1/16		Friday 1/17	
	Na+		Na+		Na+		Na+		Na+
Broccoli Cheddar Stuffed Chicken	410	Creamy Cajun Shrimp	534	Beef w/ Peppers & Onions	154	Holiday Meal		Pork Chop with Apple Chutney	85
Mashed Potatoes	22	Whole Grain Pasta	4	White Rice	25	Roasted Chicken Drumstick	100	Butternut Squash	3
Mixed Winter Vegetables	65	Corn w/ Peppers	21	Carrots	56	Mac & Cheese	402	Broccoli	29
Hawaiian Roll	80	Wheat Bread	65	Wheat Roll	150	Collard Greens	40	Dinner Roll	150
Vanilla Pudding	130	Cinnamon Apples	3	Banana	1	Wheat Roll	150	Applesauce	2
						Chocolate Chip Cookie	80		
Cal:736 Na:842mg		Cal:676 Na:762mg		Cal:677 Na:521mg		Cal:845 Na:907mg		Cal:742 Na:404mg	

Monday 1/20		Tuesday 1/21		Wednesday 1/22		Thursday 1/23		Friday 1/24	
<p>WE WILL BE <u>CLOSED</u> ON</p> <p>Martin Luther</p>  <p>King Jr. Day</p> <p><i>I HAVE A DREAM</i></p> <p><i>Frozen meals delivered</i></p> <p><i>week of 1/13/25</i></p>			Na+		Na+		Na+		Na+
		Beef Stew	219	Rosemary & Garlic Chicken	143	Herb Crusted Fish w/ Lemon Wedge	345	Honey Jerk Chicken Thigh	383
		w/ Cornbread	180	Mashed Potatoes	25	Orzo	4	Vegetable Couscous	26
		Green Beans w/ Red Peppers	20	Vegetable Medley	55	Garlic Spinach	113	Zucchini & Peppers	20
		Vanilla Pudding	130	Wheat Dinner Roll	150	Wheat Bread	65	Wheat Roll	150
				Pound Cake	240	Peach Fruit Cup	5	Applesauce	2
		Cal:798 Na:684mg		Cal:928 Na:748mg		Cal:780 Na:857mg		Cal:702 :716mg	

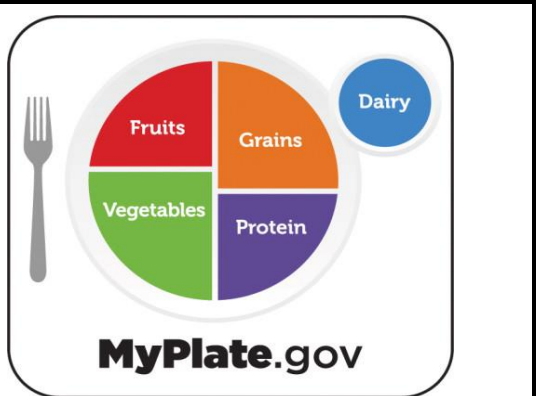
Monday 1/27		Tuesday 1/28		Tuesday 1/29		Thursday 1/30		Friday 1/31	
	Na+		Na+		Na+		Na+		Na+
Salisbury Steak w/ Gravy	650	Chicken Alfredo	610	Beef Stroganoff	185	Cheese Lasagna	390	Tuscan Chicken	255
Mashed Potatoes	24	Whole Grain Pasta	4	Egg Noodles	5	w/ Marinara & Mozzarella	315	Mashed Potatoes	22
Mixed Root Vegetables	65	Broccoli	29	Brussel Sprouts	26	Green Beans w/ Red Peppers	20	Vegetable Medley	55
Cornbread Loaf	180	Hawaiian Roll	80	Wheat Roll	150	Dinner Roll	150	Wheat Bread	65
Pear	0	Banana	1	Cinnamon Crumb Cake	190	Mandarin Orange Cup	5	Chocolate Pudding	130
Cal:730 Na:1054mg		Cal:732 Na:859mg		Cal:897 Na:691mg		Cal:680 Na:1015mg		Cal:847 Na:662mg	

Ethos Meals on Wheels Menu Information

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, low-fat milk, high fiber fruits and vegetables, and a rotation of high-fiber breads. In addition, there is limited 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