

Ethos Vegetarian 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

White Bean Florentine
Mashed Potatoes
Carrots
Cornbread Loaf
Peach Fruit Cup

Na+

488
22
56
180
5

Cal:665 :886mg

Friday 1/3

Vegetarian Chop Suey
Whole Grain Pasta
Broccoli & Red Peppers
Wheat Roll
Pudding

Na+

528
4
29
150
130

Cal:660 Na:976mg

Monday 1/6

Na+

Teriyaki Veggie Meatballs
White Rice
Brussel Sprouts
Hawaiian Roll
Cinnamon Apples

690
25
26
80
3

Cal:716 Na:959mg

Tuesday 1/7

Na+

Vegetarian Noodle Casserole
Egg Noodles
Carrots
Wheat Roll
Pudding

656
7
56
150
130

Cal:790 Na:1134mg

Wednesday 1/8

Na+

Tofu & Artichoke Picatta
Rice Pilaf
Green Peas
Hawaiian Roll
Shortbread Cookie

319
50
20
80
150

Cal:890 :754mg

Thursday 1/9

Na+

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

175
260
20
150
5

Cal:709 Na:745mg

Friday 1/10

Na+

Veggie Sausage w/ Gravy
Mashed Sweet Potatoes
California Blend Vegetables
Wheat Bread
Applesauce

551
42
34
65
2

Cal:660 Na:829mg

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 Vegetarian Menu-January 2025

Monday 1/13		Tuesday 1/14		Wednesday 1/15		Thursday 1/16		Friday 1/17	
	Na+		Na+		Na+		Na+		Na+
Vegan Chik'n Cutlet	360	Creamy Cajun Tofu	202	Veggie Sausage	510	Holiday Meal - High Sodium Meal		Veggie Fritters w/ Apple Chutney	335
Mashed Potatoes	22	Whole Grain Pasta	4	w/ Peppers & Onions				Butternut Squash	3
Mixed Winter Vegetables	65	Corn w/ Peppers	21	White Rice	25			Broccoli	29
Hawaiian Roll	80	Wheat Bread	65	Carrots	56			Dinner Roll	150
Vanilla Pudding	130	Cinnamon Apples	3	Wheat Roll	150			Applesauce	2
				Banana	1				
Cal:726 Na:792mg		Cal:734 Na:430mg		Cal:676 Na:877mg		Cal:805 Na:1231mg		Cal:650 :654mg	

Monday 1/20		Tuesday 1/21		Wednesday 1/22		Thursday 1/23		Friday 1/24	
<div><p>WE WILL BE <u>CLOSED</u> ON</p><p>Martin Luther</p><p>King Jr. Day</p><p><small>I HAVE A DREAM</small></p><p><i>Frozen meals delivered</i></p><p><i>week of 1/13/25</i></p></div>			Na+		Na+		Na+		Na+
		Lentil Stew	123	Rosemary & Garlic White Beans	413	Veggie Fritters	330	Honey Jerk Tofu	488
		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:697 Na:588mg			Cal:896 Na:1018mg		Cal:655 Na:652mg		Cal:665 Na:821mg		

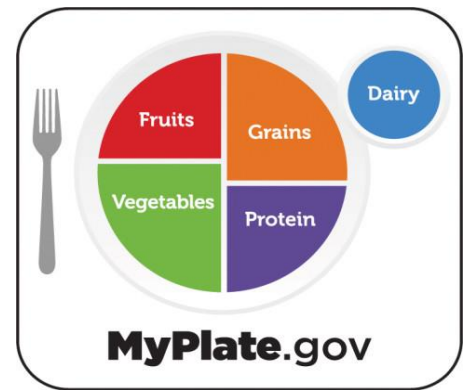
Monday 1/27		Tuesday 1/28		Tuesday 1/29		Thursday 1/30		Friday 1/31	
	Na+		Na+		Na+		Na+		Na+
Lentils w/ Gravy	218	Vegetarian Carbonara	467	Vegetarian Stroganoff	500	Cheese Lasagna	390	Tuscan Tofu	185
Mashed Potatoes	24	Whole Grain Pasta	4	Egg Noodles	5	w/ Marinara & Mozzarella	268	Mashed Potatoes	22
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:685 Na:622mg		Cal:722 Na:716mg		Cal:918 Na:1006mg		Cal:660 Na:968mg		Cal:813 Na:592mg	

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