

Ethos Vegetarian HDM Menu - April 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.

Monday 3/31		Tuesday 4/1		Wednesday 4/2		Thursday 4/3		Friday 4/4	
	Na+		Na+		Na+		Na+		Na+
		Creamy Balsamic Chik'n	425	Roasted Tofu w/ Gravy	230	Refried Bean & Cheese Tacos	518	Veggie Fritters	330
		Rice Pilaf	50	Mashed Potatoes	22	Brown Rice	25	Sweet Potato Wedges	150
		Mixed Vegetables	51	Broccoli	29	Black Beans, Corn & Peppers	61	Vegetable Medley	54
		Dinner Roll	100	Oatmeal Roll	260	Mini Tortillas (2)	270	Wheat Roll	150
		Chocolate Chip Cookie	80	Pudding	130	Fruit	0	Mandarin Cup	5
		Cal:966 Na:841mg		Cal:663 Na:806mg		Cal:717 Na:1009mg		Cal:661 Na:824mg	
Monday 4/7		Tuesday 4/8		Wednesday 4/9		Thursday 4/10		Friday 4/11	
	Na+		Na+		Na+		Na+		Na+
Vegetarian Meatloaf w/ Gravy	633	Tofu & Artichoke Scampi	215	Tomato Bruschetta Chik'n	363	Braised Beans & Vegetables	395	Powerhouse Bean Chili	437
Mashed Potatoes	22	Whole Grain Pasta	4	Roasted Potatoes	85	Polenta	4	w/ Sweet Potatoes	
Spinach & Peppers	65	Carrots	56	Green Peas	20	Brussel Sprouts	26	w/ Shredded Cheese	96
Wheat Roll	150	Dinner Roll	100	Wheat Bread	65	Oatmeal Roll	260	California Blend Vegetables	34
Pudding	130	Fruit	0	Banana Bread	240	Fruit	0	Whole Grain Cornbread	180
								Mixed Fruit	5
Cal:663 Na:1135mg		Cal:744 Na:510mg		Cal:964 Na:908mg		Cal:700 Na:820mg		Cal:719 Na:887mg	

Need help buying groceries?
SNAP can help!



SNAP can help you buy healthy food.

- It is fast & easy to apply
- Buy food in stores & online (multiple retailers)
- SNAP is not considered in a "public charge" test
- If you are not a US citizen or eligible immigrant, it is safe for you to get SNAP for an eligible family member (like your US citizen child)

Am I Eligible for SNAP?

Household Size	Your Monthly Income (before taxes)*	Monthly Maximum SNAP Amount*
1	\$2,608	\$292
2	\$3,525	\$536
3	\$4,442	\$768
4	\$5,358	\$975
5	\$6,275	\$1,158
8+	+ \$917	+ \$220

For more information or to apply for SNAP:



Scan code with phone camera to apply online



DTAConnect.com



877-382-2363 Mon – Fri 8:15 am-4:45 pm



Mail or Fax a paper application
Get a paper application: Mass.gov/SNAP

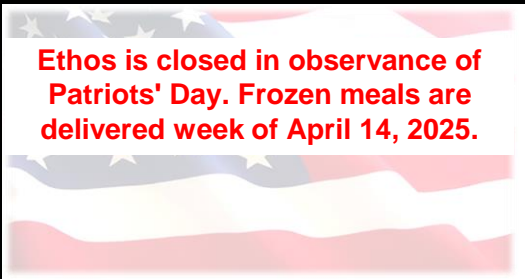


In the community: local kiosk, SNAP outreach partner, DTA office

Find a location near you: Mass.gov/ContactDTA

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

Ethos Vegetarian HDM Menu - April 2025

Monday 4/14		Tuesday 4/15		Wednesday 4/16		Thursday 4/17		Friday 4/18	
	Na+		Na+	Holiday Meal - High Sodium	Na+		Na+		Na+
Cheese Lasagna	390	Honey Mustard Chik'n	474	Veggie Sausage	547	Vegetarian Shepherd's Pie	547	Tuscan Tofu	185
w/ Lentil Bolognese & Parmesan	232	White Rice	25	w/ Maple Brown Sugar Glaze		w/ Mashed Potatoes		Rice Pilaf	50
Carrots	56	Broccoli	38	Potatoes au Gratin	360	Corn, Peas		Zucchini Squash	20
Dinner Roll	100	Wheat Bread	65	Green Beans	20	Mixed Vegetables	51	Wheat Bread	65
Fruit	0	Pudding	135	Dinner Roll	100	Dinner Roll	100	Fruit	0
				Pound Cake	240	Cinnamon Apples	3		
Cal:730 Na:913mg		Cal:858 Na:872mg		Cal:793 Na:1245mg		Cal:708 Na:836mg		Cal:802 Na:455mg	
Monday 4/21		Tuesday 4/22		Wednesday 4/23		Thursday 4/24		Friday 4/25	
			Na+		Na+		Na+		Na+
		Vegetarian Sausage Abruzzi	728	Chik'n w/ Mushroom	477	Garlic Butter White Beans	420	Veggie Burger & Cheese	500
		Bowtie Pasta	4	Cream Sauce		Orzo Primavera	105	Potato Wedges	20
		Brussel Sprouts	26	Mashed Potatoes	22	Broccoli	38	Green Beans & Red Peppers	20
		Wheat Roll	150	Carrots	56	Hawaiian Roll	80	Wheat Hamburger Bun	80
		Fruit	0	Oatmeal Roll	260	Blueberry Bread	250	Fruit	0
				Pudding	130			Ketchup	
		Cal:671 Na:1043mg		Cal:842 Na:1080mg		Cal:901 Na:1028mg		Cal:822 Na:840mg	
Monday 4/28		Tuesday 4/29		Wednesday 4/30		Questions about the menus or concerns with your nutrition status? Please contact the Ethos dietitian at 617-477-6606.			
	Na+		Na+		Na+				
Vegetarian Chop Suey	528	BBQ Chickpeas	480	Teriyaki Tofu	437				
Whole Grain Pasta	4	Baked Beans	140	White Rice	25				
Mixed Vegetables	51	Carrots	56	Green Peas	20				
Dinner Roll	100	Cornbread Loaf	180	Wheat Roll	150				
Oatmeal Cookie	90	Fruit	0	Fruit	0				
Cal:657 Na:908mg		Cal:753 Na:991mg		Cal:750 Na:767mg					

Jump into Spring with More Fruits and Veggies! - *From the Desk of the Community Dietitian at Ethos*

More fruits and veggies are blooming into season. Besides being high in fiber, their bright colors contain compounds that offer a variety of health benefits—and their own unique colors. In fact, the darker the color of fruits or veggies, the more vitamins, minerals and antioxidants they contain. So, in summary, eat the rainbow!



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