

Ethos HDM Menu - May 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!

Ethos is closed for Memorial Day: Monday, May 26, 2025. Frozen meals are delivered the week of May 20, 2025.



Thursday 5/1					Friday 5/2				
	Na+					Na+			Na+
Cold Salad Special					Homestyle 'Salisbury Steak				134
Chef Salad w/ grilled Chicken strips	783				w/ LS.Mushroom Gravy				89
Ranch dressing	60				Sweet Glazed Potatoes				162
Tri-Color Rotini Salad	1				Mixed Vegetables				28
Bread Stick	130				Wheat Bread				170
Craisins	0				Blueberry Yogurt Cup				75
Cal: 800 NA: 1168					Cal: 852 NA: 817				
Monday 5/5		Tuesday 5/6		Wednesday 5/7		Thursday 5/8		Friday 5/9	
	Na+	High Sodium	Na+		Na+		Na+	Happy Mothers Day Special	Na+
Orzo Chicken Pot Pie		Buffalo Chicken and Cheese	544	Macaroni and Cheese	435	Roast Turkey Dinner w/ LS Gravy	584	Baked Pollock	97
Casserole	321	Sandwich	80	Primavera		Mashed Potatoes	60	w/ Lemon Butter Sauce	201
Steamed Broccoli	9	Tomato and Cucumber Salad	288	w/ Broccoli, Peas, Asparagus	22	Diced Butternut Squash	3	Lemon Wedge, Rice Pilaf	30
Biscuit	343	Red Bliss Potato Salad	430	Red Peppers		Wheat Bread	170	Spinach w/ Garlic and Oil	88
Pear	2	Oatmeal Cookie	248	Breadstick	130	Cranberry Sauce	7	Wheat Bread	170
				Apple	1	Raisins	4	Goldfish Graham Cookie	
Cal: 705 NA: 838		Cal: 985 NA: 1751		Cal: 817 NA: 748		Cal: 1095 NA: 987		Cal: 679 NA: 816	

May is Older Americans Month

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 2025




Monday 5/12		Tuesday 5/13		Wednesday 5/14		Thursday 5/15		Friday 5/16	
	Na+		Na+		Na+		Na+	High Sodium	Na+
Veal Parmesan	429	Tuna Salad	504	Seared Garlic Beef Tips	426	Roast Pork Tenderloin	248	Spring Pasta w/ Turkey Meatballs	
Penne Pasta w/ Tomato sauce	180	Lettuce and Tomato	2	Rice Pilaf	30	w/ Balsamic Citrus Sauce	409	with Garlic Parmesan Sauce	964
Italian Green Beans	4	Green Bean Salad	5	Squash	11	Roasted Smashed Potatoes	205	Steamed Cauliflower	13
Dinner Roll	169	Wrap	170	Biscuit	267	Mixed Vegetables	45	Wheat Dinner Roll	169
Orange	4	Pretzel Goldfish	224	Peach Cup	0	Happy Birthday Cake w/ whip topping	221	Applesauce	15
Cal: 1120 NA: 1099		Cal: 702 NA: 1065		Cal: 903 NA: 894		Cal: 585 NA: 1287		Cal: 756 NA: 1308	

Monday 5/19		Tuesday 5/20		Wednesday 5/21		Thursday 5/22		Friday 5/23	
	Na+		Na+		Na+	Memorial Day Special	Na+		Na+
Chicken Piccata	768	'Teriyaki Glazed Salmon	542	Baked Stuffed Manicotti	228	New England Hot Dog	490	Honey Garlic Pork Tips	367
Bow Tie Pasta	30	DelMonico Potatoes	325	Florentine Sauce	412	Baked Beans	140	White Rice	30
Baby Carrots	55	Asparagus	3	Italian Blend Vegetables	37	Peas & Carrots	62	California Blend Vegetables	27
Breadstick	130	Whole Wheat Bread	170	Garlic Knot	219	Hot Dog Bun	190	Fruited Muffin Loaf	250
Pineapple Cup	1	Pear	2	Mandarin Orange Cup	7	Peach Shortcake w/ whip topping	203		
Cal: 836 NA: 1143		Cal: 695 NA: 1203		Cal: 864 NA: 1063		Cal: 814 NA: 1245		Cal: 678 NA: 833	

Monday 5/26		Tuesday 5/27		Wednesday 5/28		Thursday 5/29		Friday 5/30		
<div>CLOSED FOR</div> <div>MEMORIAL DAY</div> <div></div> <div>Frozen meals are delivered week of May 20, 2025</div>		Na+		Na+		Na+		Na+		
	Broccoli and Cheese			Hamburger	200	Grilled Chicken	573	Meatloaf w/ Mushroom Brown Gravy	268	
	Stuffed Chicken Breast	410		w/ Pickle chip	91	over Pesto Spaghetti		Peas and Carrots	62	
	Parsley Potatoes	6		Red Roasted Potatoes	37	and Cherry tomatoes	99	Garlic Mashed Potatoes	21	
	Diced Beets	134		Brussels Sprouts	14	Steamed Spinach	80	Biscuit	267	
	Whole Wheat Bread	170		w/ Ketchup and Mustard pkt.	137	Garlic Knot	219	House Baked Brownie	127	
	Raisins	4		Hamburger bun	80	Orange	4			
				Red Apple	1					
Cal: 805 NA: 884			Cal: 714 NA: 720			Cal: 1039 NA: 1135			Cal: 704 NA: 905	





- BOSTON FOOD RESOURCES

<p>Fair Foods Sites</p> <p>Fair Foods sites offer bags of fresh produce for only \$2. Visit www.bit.ly/fairfoods20</p> 	<p>Food Pantries</p> <p>Food pantries provide groceries to those in need, regardless of immigration status. Visit www.gbfb.org/need-food</p> 	<p>Apply for SNAP</p> <p>SNAP can help you or your family afford food. Call Project Bread at 1-800-645-8333</p> 	<p>Shop at Double Up Stores</p> <p>Shop with SNAP to get 50% off your fresh fruits and vegetables. Save up to \$10 each day. Visit www.boston.gov/doubleup</p> 
		<p>Use HIP at Farmers' Markets</p> <p>Save when you shop with your EBT card at participating HIP farm vendors. For more information visit www.boston.gov/healthy-incentives</p> 	

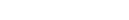
<p>Fair Foods Sites</p> <p>Fair Foods sites offer bags of fresh produce for only \$2. Visit www.bit.ly/fairfoods20</p> 	<p>Food Pantries</p> <p>Food pantries provide groceries to those in need, regardless of immigration status. Visit www.gbfb.org/need-food</p> 	<p>Apply for SNAP</p> <p>SNAP can help you or your family afford food. Call Project Bread at 1-800-645-8333</p> 	<p>Shop at Double Up Stores</p> <p>Shop with SNAP to get 50% off your fresh fruits and vegetables. Save up to \$10 each day. Visit www.boston.gov/doubleup</p> 
		<p>Use HIP at Farmers' Markets</p> <p>Save when you shop with your EBT card at participating HIP farm vendors. For more information visit www.boston.gov/healthy-incentives</p> 	





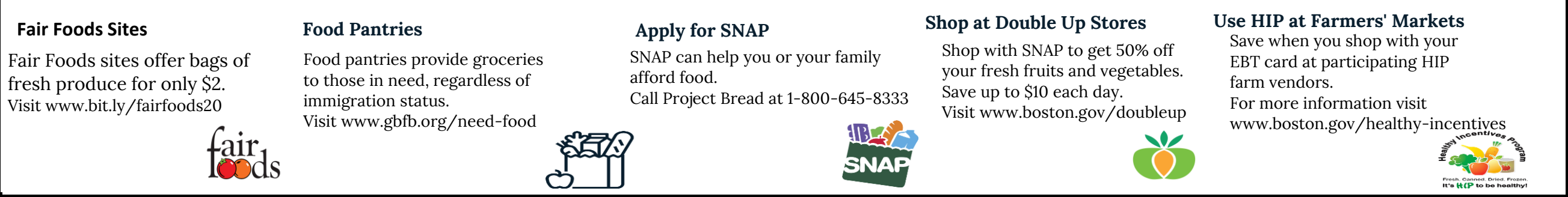
<p>Fair Foods Sites</p> <p>Fair Foods sites offer bags of fresh produce for only \$2. Visit www.bit.ly/fairfoods20</p> 	<p>Food Pantries</p> <p>Food pantries provide groceries to those in need, regardless of immigration status. Visit www.gbfb.org/need-food</p> 	<p>Apply for SNAP</p> <p>SNAP can help you or your family afford food. Call Project Bread at 1-800-645-8333</p> 	<p>Shop at Double Up Stores</p> <p>Shop with SNAP to get 50% off your fresh fruits and vegetables. Save up to \$10 each day. Visit www.boston.gov/doubleup</p> 
		<p>Use HIP at Farmers' Markets</p> <p>Save when you shop with your EBT card at participating HIP farm vendors. For more information visit www.boston.gov/healthy-incentives</p> 	

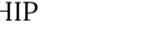
<p>Fair Foods Sites</p> <p>Fair Foods sites offer bags of fresh produce for only \$2. Visit www.bit.ly/fairfoods20</p> 	<p>Food Pantries</p> <p>Food pantries provide groceries to those in need, regardless of immigration status. Visit www.gbfb.org/need-food</p> 	<p>Apply for SNAP</p> <p>SNAP can help you or your family afford food. Call Project Bread at 1-800-645-8333</p> 	<p>Shop at Double Up Stores</p> <p>Shop with SNAP to get 50% off your fresh fruits and vegetables. Save up to \$10 each day. Visit www.boston.gov/doubleup</p> 
		<p>Use HIP at Farmers' Markets</p> <p>Save when you shop with your EBT card at participating HIP farm vendors. For more information visit www.boston.gov/healthy-incentives</p> 	




<p>Fair Foods Sites</p> <p>Fair Foods sites offer bags of fresh produce for only \$2. Visit www.bit.ly/fairfoods20</p> 	<p>Food Pantries</p> <p>Food pantries provide groceries to those in need, regardless of immigration status. Visit www.gbfb.org/need-food</p> 	<p>Apply for SNAP</p> <p>SNAP can help you or your family afford food. Call Project Bread at 1-800-645-8333</p> 	<p>Shop at Double Up Stores</p> <p>Shop with SNAP to get 50% off your fresh fruits and vegetables. Save up to \$10 each day. Visit www.boston.gov/doubleup</p> 
		<p>Use HIP at Farmers' Markets</p> <p>Save when you shop with your EBT card at participating HIP farm vendors. For more information visit www.boston.gov/healthy-incentives</p> 	

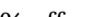
<p>Fair Foods Sites</p> <p>Fair Foods sites offer bags of fresh produce for only \$2. Visit www.bit.ly/fairfoods20</p> 	<p>Food Pantries</p> <p>Food pantries provide groceries to those in need, regardless of immigration status. Visit www.gbfb.org/need-food</p> 	<p>Apply for SNAP</p> <p>SNAP can help you or your family afford food. Call Project Bread at 1-800-645-8333</p> 	<p>Shop at Double Up Stores</p> <p>Shop with SNAP to get 50% off your fresh fruits and vegetables. Save up to \$10 each day. Visit www.boston.gov/doubleup</p> 
		<p>Use HIP at Farmers' Markets</p> <p>Save when you shop with your EBT card at participating HIP farm vendors. For more information visit www.boston.gov/healthy-incentives</p> 	





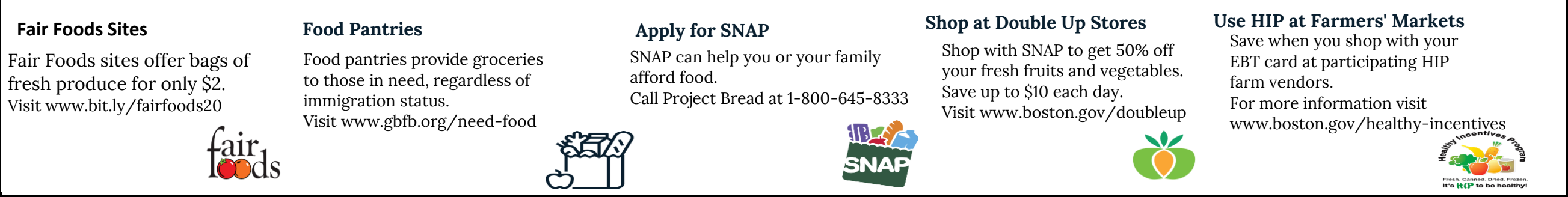
<p>Fair Foods Sites</p> <p>Fair Foods sites offer bags of fresh produce for only \$2. Visit www.bit.ly/fairfoods20</p> 	<p>Food Pantries</p> <p>Food pantries provide groceries to those in need, regardless of immigration status. Visit www.gbfb.org/need-food</p> 	<p>Apply for SNAP</p> <p>SNAP can help you or your family afford food. Call Project Bread at 1-800-645-8333</p> 	<p>Shop at Double Up Stores</p> <p>Shop with SNAP to get 50% off your fresh fruits and vegetables. Save up to \$10 each day. Visit www.boston.gov/doubleup</p> 
		<p>Use HIP at Farmers' Markets</p> <p>Save when you shop with your EBT card at participating HIP farm vendors. For more information visit www.boston.gov/healthy-incentives</p> 	

<p>Fair Foods Sites</p> <p>Fair Foods sites offer bags of fresh produce for only \$2. Visit www.bit.ly/fairfoods20</p> 	<p>Food Pantries</p> <p>Food pantries provide groceries to those in need, regardless of immigration status. Visit www.gbfb.org/need-food</p> 	<p>Apply for SNAP</p> <p>SNAP can help you or your family afford food. Call Project Bread at 1-800-645-8333</p> 	<p>Shop at Double Up Stores</p> <p>Shop with SNAP to get 50% off your fresh fruits and vegetables. Save up to \$10 each day. Visit www.boston.gov/doubleup</p> 
		<p>Use HIP at Farmers' Markets</p> <p>Save when you shop with your EBT card at participating HIP farm vendors. For more information visit www.boston.gov/healthy-incentives</p> 	



<p>Fair Foods Sites</p> <p>Fair Foods sites offer bags of fresh produce for only \$2. Visit www.bit.ly/fairfoods20</p> 	<p>Food Pantries</p> <p>Food pantries provide groceries to those in need, regardless of immigration status. Visit www.gbfb.org/need-food</p> 	<p>Apply for SNAP</p> <p>SNAP can help you or your family afford food. Call Project Bread at 1-800-645-8333</p> 	<p>Shop at Double Up Stores</p> <p>Shop with SNAP to get 50% off your fresh fruits and vegetables. Save up to \$10 each day. Visit www.boston.gov/doubleup</p> 
			<p>Use HIP at Farmers' Markets</p> <p>Save when you shop with your EBT card at participating HIP farm vendors. For more information visit www.boston.gov/healthy-incentives</p> 

<p>Fair Foods Sites</p> <p>Fair Foods sites offer bags of fresh produce for only \$2. Visit www.bit.ly/fairfoods20</p> 	<p>Food Pantries</p> <p>Food pantries provide groceries to those in need, regardless of immigration status. Visit www.gbfb.org/need-food</p> 	<p>Apply for SNAP</p> <p>SNAP can help you or your family afford food. Call Project Bread at 1-800-645-8333</p> 	<p>Shop at Double Up Stores</p> <p>Shop with SNAP to get 50% off your fresh fruits and vegetables. Save up to \$10 each day. Visit www.boston.gov/doubleup</p> 
		<p>Use HIP at Farmers' Markets</p> <p>Save when you shop with your EBT card at participating HIP farm vendors. For more information visit www.boston.gov/healthy-incentives</p> 	



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