

Ethos Traditional 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+
Shrimp Alfredo	655				Beef Brisket				255
Whole Grain Pasta	4				Roasted Sweet Potato				22
Broccoli	38				Beets & Greens				117
Wheat Roll	150				Whole Grain Cornbread Loaf				180
Pudding	130				Fruit				0
Cal:660 Na:1112mg					Cal:777 Na:709mg				
Monday 5/5					Tuesday 5/6				
	Na+	Cold Sandwich Meal	Na+	Mother's Day Special	Na+				Na+
Crispy Chicken	420	Beef w/ Thai Curry Sauce	105	Chicken in Sundried Tomato & Caper Sauce	343	Hot Dog (Beef)	540	Creamy Dill Salmon & Lemon Wedge	160
Mac & Cheese	383	White Rice	25	Roasted Potatoes	85	Baked Beans	140	Brown Rice	25
California Blend Vegetables	34	Corn & Peppers	21	Broccoli	38	Carrots	56	Spinach & Red Peppers	65
Wheat Roll	150	Hawaiian Roll	80	Oatmeal Roll	260	Wheat Hot Dog Bun	85	Wheat Bread	65
Banana	1	Pudding	130	Fudge Filled Chocolate Cookie	80	Ketchup	85	Peach Cup	5
						Orange	0		30
Cal:914 Na:1123mg					Cal:774 Na:941mg				
					Cal:870 Na:1041mg				
					Cal:855Na:455mg				

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 undemourished 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 Traditional HDM Menu - May 2025

Monday 5/12		Tuesday 5/13		Wednesday 5/14		Thursday 5/15		Friday 5/16	
	Na+		Na+		Na+		Na+		Na+
Pot Roast w/ Brown Gravy	587	Tuscan Chicken	254	Pork Marsala w/ Mushrooms	130	Seafood Cajun Pasta	465	Beef Stew	140
Mashed Sweet Potatoes	42	Mashed Potatoes	22	Egg Noodles	7	Whole Grain Pasta	4	w/ Whole Grain Buttermilk Biscuit	370
Green Peas	20	Broccoli	38	Carrots	56	Brussel Sprouts	26	Green Beans & Peppers	20
Dinner Roll	100	Wheat Roll	150	Hawaiian Roll	80	Wheat Roll	150	Mandarin Fruit Cup	5
Pear	1	Shortbread Cookie	150	Cinnamon Apples	3	Pudding	130		30
Cal:738 Na:885mg		Cal:768 Na:749mg		Cal:738 Na:411mg		Cal:700 Na:910mg		Cal:705 Na:670mg	

Monday 5/19		Tuesday 5/20		Wednesday 5/21		Thursday 5/22		Friday 5/23	
	Na+		Na+	Holiday Meal	Na+		Na+		Na+
Rosemary & Garlic Chicken	145	Herb Crusted White Fish	345	Cheeseburger	375	Honey Jerk Chicken Thigh	385	Whole Grain Cheese Lasagna	390
Mashed Potatoes	22	w/ Lemon Wedge	4	w/ Lettuce & Tomato		White Rice	25	w/ Turkey Bolognese & Parmesan Cheese	190
Mixed Vegetables	51	Orzo	4	Sweet Potato Wedges	150	Green Peas	20	California Blend Vegetables	34
Wheat Roll	150	Broccoli	38	Zucchini & Peppers	20	Oatmeal Roll	260	Wheat Roll	150
Pudding	130	Dinner Roll	100	Wheat Hamburger Bun	80	Peach Cup	5	Orange	1
Banana	1			Pound Cake	240				
Cal:878 Na:633mg		Cal:755 Na:623mg		Cal:940 Na:1085mg		Cal:824 Na:830mg		Cal:738 Na:900mg	

Monday 5/26		Tuesday 5/27		Wednesday 5/28		Thursday 5/29		Friday 5/30	
<div><div><div>CLOSED FOR</div><div>MEMORIAL DAY</div><div></div><div>Frozen meals are delivered week of May 20, 2025</div></div></div>		Na+		Na+		Na+		Na+	
		BBQ Pulled Pork	600	Unstuffed Pepper Bowl	275	Chicken Picatta	501	Potato Pollock	330
		Cheesy Grits	72	w/ Beef		Whole Grain Pasta	4	Vegetable Rice Pilaf	50
		Carrots	56	White Rice	25	Green Peas	20	Kale & Peppers	29
		Hawaiian Roll	80	Green Beans & Red Peppers	20	Wheat Roll	150	Hawaiian Roll	80
		Chocolate Chip Cookie	80	Wheat Roll	150	Fig Newton	180	FruitTartar Sauce	5
				Cinnamon Apples	3			Tartar Sauce	110
Cal:738 Na:1023mg			Cal:811 Na:608mg		Cal:941 Na:990mg		Cal:726 Na:739mg		

BOSTON FOOD RESOURCES

Fair Foods Sites

Fair Foods sites offer bags of fresh produce for only \$2. Visit www.bit.ly/fairfoods20



Food Pantries

Food pantries provide groceries to those in need, regardless of immigration status.
Visit www.gbfb.org/need-food



Apply for SNAP

SNAP can help you or your family
afford food.
Call Project Bread at 1-800-645-8333



Shop at Double Up Stores

Shop with SNAP to get 50% off
your fresh fruits and vegetables.
Save up to \$10 each day.
Visit www.boston.gov/doubleup



Use HIP at Farmers' Markets

Use HIP at Farmers' Markets
Save when you shop with your EBT card at participating HIP farm vendors.
For more information visit www.boston.gov/healthy-incentives



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