

Ethos Vegetarian 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.


All HDM Drivers are required to see someone at delivery. No meals will be left without seeing someone at delivery.

To cancel a meal, please call 617-477-6606 by 9AM the previous day.

Announcements!

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



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|--|-----|----------------------------|------------------|--|----------------------|-------------------------|----------------------|-------------------------|-----|
| <div>Announcements!</div> <div>Ethos is closed for Memorial Day: Monday, May 26, 2025. Frozen meals are delivered the week of May 20, 2025.</div> <div></div> | | | | | Thursday 5/1 | | Friday 5/2 | | |
| | | | | | | Na+ | | Na+ | |
| | | | | | Vegetarian Carbonara | 460 | Veggie Fritters | 330 | |
| | | | | | Whole Grain Pasta | 4 | Roasted Sweet Potato | 22 | |
| | | | | | Broccoli | 38 | Beets & Greens | 117 | |
| Wheat Roll | 150 | Whole Grain Cornbread Loaf | 180 | | | | | | |
| Pudding | 130 | Applesauce | 2 | | | | | | |
| Cal:724 Na:917mg | | | Cal:682 Na:786mg | | | | | | |
| Monday 5/5 | | Tuesday 5/6 | | Wednesday 5/7 | | Thursday 5/8 | | Friday 5/9 | |
| | Na+ | | Na+ | Mother's Day Special | Na+ | | Na+ | | Na+ |
| Crispy Chik'n | 360 | Tofu w/ Thai Curry Sauce | 50 | Chickpeas in Sundried Tomato & Caper Sauce | 585 | Veggie Burger w/ Cheese | 495 | Creamy Dill White Beans | 465 |
| 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 Hamburger Bun | 80 | Wheat Bread | 65 |
| Banana | 1 | Pudding | 130 | Fudge Filled Chocolate Cookie | 80 | Orange Ketchup | 0 | Peach Cup | 5 |
| Cal:894 Na:1063mg | | Cal:815 Na:441mg | | Cal:774 Na:1183mg | | Cal:868 Na:991mg | | Cal:789 Na:760mg | |

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 Vegetarian HDM Menu - May 2025

| Monday 5/12 | | Tuesday 5/13 | | Wednesday 5/14 | | Thursday 5/15 | | Friday 5/16 | |
|------------------------------|-----|-------------------|-----|--------------------------|-----|--------------------|-----|-----------------------------------|-----|
| | Na+ | | Na+ | | Na+ | | Na+ | | Na+ |
| Veggie Sausge w/ Brown Gravy | 550 | Tuscan Tofu | 185 | Veggie Meatballs Marsala | 515 | Cajun Chik'n Pasta | 540 | Lentil Stew | 130 |
| Mashed Sweet Potatoes | 42 | Mashed Potatoes | 22 | w/ Mushrooms | | Whole Grain Pasta | 4 | w/ Whole Grain Buttermilk Biscuit | 370 |
| Green Peas | 20 | Broccoli | 38 | Egg Noodles | 7 | Brussel Sprouts | 26 | Green Beans & Peppers | 20 |
| Dinner Roll | 100 | Wheat Roll | 150 | Carrots | 56 | Wheat Roll | 150 | Mandarin Fruit Cup | 5 |
| Pear | 1 | Shortbread Cookie | 150 | Hawaiian Roll | 80 | Pudding | 130 | | |
| | | | | Cinnamon Apples | 3 | | | | |
| Cal:740 Na:848mg | | Cal:734 Na:680mg | | Cal:821 Na:796mg | | Cal:810 Na:985mg | | Cal:668 Na:660mg | |

| Monday 5/19 | | Tuesday 5/20 | | Wednesday 5/21 | | Thursday 5/22 | | Friday 5/23 | |
|-------------------------------|-----|--------------------------------|-----|----------------------------|-----|-------------------------|-----|---------------------------------------|-----|
| | Na+ | | Na+ | Holiday Meal - High Sodium | Na+ | | Na+ | | Na+ |
| Rosemary & Garlic White Beans | 410 | Veggie Fritters w/ Lemon Wedge | 330 | Veggie Burger w/ Cheese | 500 | Honey Jerk Tofu | 300 | Whole Grain Cheese Lasagna | 390 |
| Mashed Potatoes | 22 | Orzo | 4 | & Lettuce/Tomato | | White Rice | 25 | w/ Lentil Bolognese & Parmesan Cheese | 230 |
| Mixed Vegetables | 51 | Broccoli | 38 | Sweet Potato Wedges | 150 | Green Peas | 20 | California Blend Vegetables | 34 |
| Wheat Roll | 150 | Dinner Roll | 100 | Zucchini & Peppers | 20 | Oatmeal Roll | 260 | Wheat Roll | 150 |
| Pudding | 130 | Banana | 1 | Wheat Hamburger Bun | 80 | Peach Cup | 5 | Orange | 1 |
| | | | | Pound Cake | 240 | | | | |
| Cal:845 Na:898mg | | Cal:670 Na:608mg | | Cal:951 Na:1210mg | | Cal:744 Na:745mg | | Cal:719 Na:940mg | |

| 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 Chickpeas | 480 | Unstuffed Pepper Bowl | 323 | Tofu & Artichoke Picatta | 320 | Veggie Fritters | 330 |
| | | Cheesy Grits | 72 | w/ Lentils | | 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 | Fruit | 5 |
| | | | | Cinnamon Apples | 3 | | | | |
| | | Cal:673 Na:903mg | | Cal:696 Na:656mg | | Cal:864 Na:809mg | | Cal:652 Na:629mg | |

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

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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