

## Ethos Allergen Aware HDM Menu- June 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 RSVP, please see your site coordinator.***

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

Monday 6/2	Tuesday 6/3	Wednesday 6/4	Thursday 6/5	Friday 6/6
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Friday 6/6

Gluten Free Pizza w/ Dairy-Free Cheese & BBQ Chicken Broccoli Fruit

	<p>Gluten Free Crispy Chicken Sandwich</p> <p>Gluten Free Bun</p> <p>Sweet Potatoes</p> <p>Fruit</p>

Falafel Bites
Brown Rice
Zucchini
Squash
Fruit

Sweet Potato & Black Bean Nachos w/ Dairy-Free Cheese Corn Tortilla Chips Fruit

<p>Turkey Bolognese</p> <p>Gluten Free Pasta</p> <p>Carrots</p> <p>Fruit</p>	

Friday 6/13

Honey Mustard Chicken Gluten Free Pasta Brussel Sprouts Fruit

	<p>Sweet &amp; Sour Chicken</p> <p>Whole Grain Brown Rice</p> <p>Corn w/ Peppers</p> <p>Fruit</p>

	<p>Homemade Turkey Meatballs w/ Marinara Gluten Free Pasta Broccoli Fruit</p>

Gluten Free Crispy Chicken
Quinoa
Plantains
Fruit

Gluten Free Pizza w/ BBQ Chicken & Dairy-Free Cheese Carrots Fruit	

ANNOUNCEMENTS									
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**ANNOUNCEMENTS ON ETHOS HOLIDAY CLOSURES**

**Thursday, June 19, 2025, Ethos is closed for the Juneteenth Holiday.** Frozen meals are delivered on June 16, 2025.

**Friday, July 4, 2025, Ethos is closed for the Independence Day Holiday.** Frozen meals are delivered on June 30, 2025.



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

Ethos Allergen Aware HDM Menu- June 2025

Monday 6/16		Tuesday 6/17		Wednesday 6/18		Thursday 6/19		Friday 6/20	
Dairy Free Chicken Alfredo Gluten Free Pasta Broccoli Fruit		Chicken & Dairy-Free Cheese Quesadilla w/ Corn Tortilla Black Beans Fruit		Chicken Taco "Casserole" Quinoa Corn & Peppers Fruit		<div><div>JUNETEENTH</div><div>Celebrate Freedom</div><div>JUNE 19<sup>th</sup></div><div>Ethos is closed. Frozen meals delivered week of June 9, 2025</div></div>		Sweet & Sour Turkey Meatballs Brown Rice Zucchini Squash Fruit	


Monday 6/23		Tuesday 6/24		Wednesday 6/25		Thursday 6/26		Friday 6/27	
BBQ Chicken Brown Rice Broccoli Fruit		American Chop Suey with Gluten Free Pasta (Turkey) Carrots Fruit		Chicken Fajitas w/ Peppers Onions & Dairy-Free Cheese Corn Tortilla Corn Fruit		Caribbean Chicken w/ Peppers Whole Grain Grits Black Beans Fruit		Pulled Honey Jerk Chicken Sandwich Gluten Free Bun Brussel Sprouts Fruit	

Monday 6/30

Gluten Free Pizza  
w/ Dairy-Free Cheese  
& BBQ Chicken  
Broccoli  
Fruit

Ethos Nutrition Annual Survey – Due Friday, July 11, 2025!

This month, you will receive our annual Home Delivered Meals survey delivered by HDM driver. Your input is valuable to our program, so we are requesting clients to complete the survey by Friday, July 13, 2025. All answers are anonymous and confidential. When finished, you can either return your survey to your HDM driver or mail the survey to Ethos at 555 Amory Street, Jamaica Plain, MA 02130. Thank you!



Time to Recharge Our Vitamin D Stores!

As we age, we need more vitamin D to protect healthy bones and muscle function. The recommended dietary amount is 600-800 IU daily for older adults. Ways to get more vitamin D are to:

- Drink fortified beverages - milk, soymilk, orange juice
- Eat foods such as breakfast cereals, salmon, sardines, eggs and mushrooms
- Sit in direct sunlight - about 15 to 30 minutes daily.
- Dietary supplement - under the supervision of your medical provider



Questions about menus or concerns about your nutrition status? Please contact the Ethos Dietitian at 617-477-6606.

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