

Ethos 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 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.

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

Monday 6/2		Tuesday 6/3		Wednesday 6/4		Thursday 6/5		Friday 6/6	
	Na+		Na+		Na+		Na+		Na+
Spring Pasta		Hot Dog (Beef & Pork)	490	Cheese Lasagna	321	Fire Braised Chili Lime Chicken Thighs	113	Roast Pork Tenderloin	247
w/ Garlic Parmesan Sauce	264	Hot Dog Bun	190	w/ Tomato Sauce	180	Fiesta Rice	257	w/ Balsamic Citrus Sauce	409
Turkey Meatballs	700	Baked Beans	140	Italian Blend Vegetable	37	Steamed Spinach	111	Sweet Potatoes	142
French Cut Green Beans	35	Peas & Carrots	72	Garlic Knot	219	Cornbread	171	Mixed Vegetables	44
Wheat Dinner Roll	169	Ketchup & Mustard pkt	137	Fresh Orange	4	Fresh Pear	2	Wheat Bread	170
Pineapple Cup	1	Sugar Free Cookie	70					Strawberry Fig Cookie	34
Cal:817 Na:1297mg		Cal:740 Na:1258mg		Cal:763 Na:921mg		Cal:916 Na:799mg		Cal:868 Na:1191mg	

Monday 6/9		Tuesday 6/10		Wednesday 6/11		Thursday 6/12		Friday 6/13	
	Na+		Na+		Na+	<i>Cold Salad Special</i>	Na+		Na+
Chicken Cordon Royale	550	Tangy Smoked Gold Salmon	199	Homestyle Salisbury Steak	134	Tortellini Vegetable Salad	542	Spring Chicken Ragu	447
w/ Ls. Gravy	28	Roasted Smashed Potatoes	60	w/ LS.Mushroom Gravy	81	Tossed in a Vinaigrette Dressing		Linguine	1
Rice Pilaf	30	Asparagus	3	Mashed Potatoes	60	Southwest Quinoa Salad	147	Balsamic Roasted Brussel Sprouts	14
Broccoli w/ Diced Red Peppers	22	Wheat Bread	170	Sliced Carrots w/ Rosemary	43	Breadstick	5	Wheat Dinner Roll	169
Biscuit	267	Raisins	4	Wheat Dinner Roll	169	Lemon Blueberry Bites	95	Pear Cup	5
Fresh Granny Smith Apple	1			Chocolate Pudding Cup	151				
Cal:793 Na:1058mg		Cal:686 Na:587mg		Cal:800 Na:797mg		Cal:863 Na:1009mg		Cal:617 Na:795mg	

ANNOUNCEMENTS									
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ANNOUCEMENTS 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 HDM Menu- June 2025									
Monday 6/16		Tuesday 6/17		Wednesday 6/18		Thursday 6/19		Friday 6/20	
Fathers day Special	Na+		Na+		Na+			1st Day of Summer	Na+
Sweet Italian Sausage w/ Peppers and Onions	751	Macaroni and Cheese Primavera w/ Broccolil, Peas,		Honey Stung oven Fried Chicken w/ LS Gravy	450			Summer Beef Caserole	119
Parsley Potatoes	6	Asparagus, Red Peppers	435	Mashed Potato	28			Cous Cous	45
California Blend Vegetables	27	Green Beans	4	Steamed Kale w/ Garlic	60			Sliced Yellow Squash	5
Wheat Bread	170	Wheat Dinner Roll	169	Cornbread Loaf	21	Ethos is closed. Frozen meals delivered week of June 9, 2025		Biscuit	267
Fresh Orange	4	Fresh Pear	2	Peach Cup	179			Birthday Cake w/ Whip topping	221
					0				
Cal:870 Na:1117mg		Cal:819 Na:770mg		Cal:718 Na:898mg				Cal:933 Na:817mg	
Monday 6/23		Tuesday 6/24		Wednesday 6/25		Thursday 6/26		Friday 6/27	
	Na+	Cold Sandwhich-High Sodium	Na+		Na+		Na+		Na+
Cheese Ravioli w/ Asparagus & Lemon sauce		Turkey Club Wrap	###	Hamburger	200	BBQ Pork Tips	382	Baked Pollock	
Cherry Tomato	542	Provelone Cheese	174	Hamburger Bun	80	Red Roasted Potatoes	37	w/ Lemon Dill Sauce	126
		Bacon	84	w/ American Cheese	40	Steamed Broccoli	22	Rice Pilaf with Spinach	30
Italian Green Beans	4	Lettuce & Tomato	4	Seasoned Potato Wedges	267	Biscuit	267	Steamed Baby Carrots w/ Thyme	55
Breadstick	5	Mayo pkt	64	Mixed Vegetables	28	Fresh Apple	1	Wheat Bread	170
Mandarin Orange Cup	7	Coleslaw	209	w/ Ketchup and Mustard pkt.	137			Fresh Orange	4
		Goldfish Graham Cookie	95	Oatmeal Cookie	105				
Cal:675 Na:777mg		Cal:760 Na:1471mg		Cal:841 Na:1217mg		Cal:790 Na:870mg		Cal:676 Na:545mg	
Monday 6/30		Ethos Nutrition Annual Survey – Due Friday, July 11, 2025!							
	Na+	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!							
Sliced Honey Buffet Ham	689								
w/ Sweet Pineapple sauce									
Scalloped Potatoes	47								
Brussel Sprouts	14								
Wheat bread	170								
Dried Crasins	0								
Cal:646 Na:1080mg									



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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