

## Ethos Kosher 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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Meatball Stroganoff  
Mashed Potatoes  
Carrots  
Seasonal Fruit  
Rye Bread

	Tortellini Primavera Four Cheese Sauce Carrots Diced Pears Wheat Bread
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	Roasted Turkey Herbed Stuffing Butternut Squash Seasonal Fruit Rye Bread
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	<p>Lemon and Dill Baked Cod</p> <p>Herbed Orzo Pilaf</p> <p>Broccoli</p> <p>Fresh Fruit</p> <p>Dinner Roll</p>
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	Chicken Stew O'Brien Potatoes Cauliflower Cake Rye Bread	
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Monday 6/9

Tuesday 6/10

Wednesday 6/11

Thursday 6/12

Friday 6/13

Broccoli and Farfalle Alfredo
Bow Tie Pasta
Grilled Summer Vegetables
Apple Sauce
Rye Bread

	Chicken Marsala Quinoa Pilaf Steamed Carrots Seasonal Fruit Dinner Roll
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	Beef Burgundy Roasted Potatoes Wax Beans Seasonal Fruit Rye Bread
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	Honey Roasted Chicken Lemon Rice Broccoli Tropical Fruit Wheat Bread
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	Glazed Meatloaf Mashed Potatoes Green Beans Fruit Rye Bread	
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ANNOUNCEMENTS									
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ANNOUNCEMENTS ON ETHICS HOLD ANY OF THESE



## 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.

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

**Ethos Kosher HDM Menu- June 2025**

Monday 6/16		Tuesday 6/17		Wednesday 6/18		Thursday 6/19		Friday 6/20	
						<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>			
Makaroni Po Flotski		Sweet-Tangy Glazed		Roasted Turkey				Chicken Shnitzel	
Macaroni and Beef		Chicken Tenders		Herbed Stuffing				Lemon Rice	
Mixed Vegetables		Garlic Rice		Butternut Squash				Chopped Broccoli	
Seasonal Fruit		Bean Medley		Seasonal Fruit				Seasonal Fruit	
Rye Bread		Peaches		Rye Bread				Rye Bread	
		Dinner Roll							

[illegible]

## Monday 6/30

**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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