

Ethos Vegetarian 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.

To RSVP, please see your site coordinator.

Monday 6/2		Tuesday 6/3		Wednesday 6/4		Thursday 6/5		Friday 6/6	
	Na+		Na+		Na+		Na+		Na+
Vegetarian Meatballs & Marinara w/ Parm Whole Grain Pasta Mixed Vegetables Wheat Roll Fruit	750	Creamy Balsamic Chik'n Rice Pilaf Green Beans & Red Peppers Dinner Roll Chocolate Chip Cookie	424	Whole Grain Mac & Cheese Broccoli Oatmeal Roll Pudding	385	Refried Bean & Cheese Tacos Lime Wedge Brown Rice Black Beans, Corn & Peppers Mini Tortillas (2) Fruit	518	BBQ Tofu Roasted Sweet Potatoes Brussel Sprouts Cornbread Loaf Fruit	315
	4		49		38		25		21
	51		20		260		61		26
	150		100		130		270		180
	0		80				0		0
Cal:801 Na:1090mg	1090	Cal:940 Na:808mg	808	Cal:752 Na:948mg	948	Cal:717 Na:1009mg	1009	Cal:684 Na:677mg	677
Monday 6/9		Tuesday 6/10		Wednesday 6/11		Thursday 6/12		Friday 6/13	
	Na+		Na+		Na+		Na+		Na+
Vegetarian Meatloaf w/ Gravy Garlic Mashed Potatoes Carrots Wheat Roll Pudding	493	Tofu & Artichoke Scampi Whole Grain Pasta Broccoli Dinner Roll Fruit	214	Tomato Bruschetta Chik'n Roasted Potatoes Green Peas Wheat Dinner Roll Blueberry Bread	360	Braised Beans & Vegetables Polenta Kale & Corn Oatmeal Roll Fruit	385	Vegetarian Chop Suey Whole Grain Pasta Vegetable Medley Wheat Bread Fruit	520
	22		4		85		4		4
	56		38		20		11		54
	150		100		100		260		65
	130		0		250		5		2
Cal:694 CHO:85g Na:986mg	986	Cal:748 CHO:100g Na:491mg	491	Cal:974 CHO:125g Na:950mg	950	Cal:694 CHO:114g Na:800mg	800	Cal:687 CHO:95g Na:780mg	780

ANNOUNCEMENTS



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 Vegetarian HDM Menu- June 2025

Monday 6/16		Tuesday 6/17		Wednesday 6/18		Thursday 6/19		Friday 6/20	
	Na+		Na+		Na+	<div><div>JUNETEENTH</div><div>Celebrate Freedom</div><div>JUNE 19th</div><div>Ethos is closed. Frozen meals delivered week of June 9, 2025</div></div>			Na+
Caprese Sandwich (Tomato & Mozzarella)	405	Crispy Chik'n	360	Cheese Lasagna w/ Lentil Bolognese	390		Swedish Vegetarian Meatballs		440
Roasted Potatoes	85	Black Eyed Peas	141	Mixed Root Veggies	144		Egg Noodles		7
California Blend Vegetables	34	Collards, Corn & Peppers	40	Wheat Bread	65		Green Peas		20
Wheat Bread (2 slices)	130	Cornbread Loaf	180	Shortbread Cookie	150		Wheat Roll		150
Fruit	2	Banana Bread	240				Fruit		0
Margarine	30								
Cal:678 Na:846mg	846	Cal:1011 Na:1096mg		Cal:823 Na:949mg	949		Cal:773 Na:752mg		752

Monday 6/23		Tuesday 6/24		Wednesday 6/25		Thursday 6/26		Friday 6/27	
	Na+		Na+		Na+		Na+		Na+
Cheese Tortellini w/ Lemon Ricotta Parmesan Sauce	45	Veggie Burger w/ Cheese	495	BBQ Jerk Tofu	340	Chik'n Anna Maria	530	Tuscan Tofu	185
Vegetable Medley	54	Potato Wedges	20	White Rice	25	Mashed Potatoes	22	Rice Pilaf	50
Wheat Roll	150	Green Beans	20	Black Bean, Corn & Peppers	61	Broccoli	38	Brussel Sprouts	26
Fruit	0	Wheat Hamburger Bun	80	Wheat Roll	150	Dinner Roll	100	Hawaiian Roll	80
		Fruit	1	Pound Cake	240	Pudding	130	Fruit	2
		Ketchup	85						
Cal:670 Na:559mg	559	Cal:857 Na:836mg	836	Cal:765 Na:951mg	951	Cal:840 Na:955mg	955	Cal:757 Na:478mg	478

Monday 6/30		Ethos Nutrition Annual Survey – Due Friday, July 11, 2025!							
	Na+	<div>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!</div> <div></div>							
Stewed Garbanzo Beans & Tomatoes	400								
Mashed Potatoes	22								
Carrots	56								
Oatmeal Roll	260								
Pudding	130								
Cal:674 Na:1003mg	1003								

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.

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