

Ethos Allergen Aware Menu - August 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 () 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.

Massachusetts Senior Farmer's Market Produce Distribution



This month, you will receive a bag of fresh, local produce delivered to you via your HDM Driver.

Your Home Delivered Meals Driver will bring you a "Massachusetts Senior Farmers' Market Nutrition - Receipt of Produce" form to sign. Please complete it, and return with your Home Delivered Meals Driver upon receipt of your fresh produce bag. For more information, call 617-477-6606.

Friday 8/1

Turkey Bolognese
Gluten Free Pasta
Carrots
Fruit

Monday 8/4

Honey Mustard Chicken
Gluten Free Pasta
Brussel Sprouts
Fruit

Tuesday 8/5

Sweet & Sour Chicken
Whole Grain Brown Rice
Corn w/ Peppers
Fruit

Wednesday 8/6

Homemade Turkey Meatballs
w/ Marinara
Gluten Free Pasta
Broccoli
Fruit

Thursday 8/7

Gluten Free Crispy Chicken
Quinoa
Plantains
Fruit

Friday 8/8

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

Ethos Nutrition Annual Survey Due



Last month, you should have received our annual meals survey from your site coordinator. If you haven't already, please complete the survey no later than **August 16, 2025**. All answers are anonymous and confidential. When finished, you can either return your survey to your site coordinator or mail the survey to Ethos at 555 Amory Street, Jamaica Plain, MA 02130. Thank you!

**WE WILL BE CLOSED ON
LABOR DAY**



Ethos will be closed on Monday, September 1, 2025 for the Labor Day Holiday.

If you usually receive a meal on Mondays, you will receive a replacement frozen meal the week of August 25, 2025.

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

Ethos Allergen Aware Menu - August 2025

Monday 8/11	Tuesday 8/12	Wednesday 8/13	Thursday 8/14	Friday 8/15
Dairy Free Chicken Alfredo Gluten Free Pasta Broccoli Fruit	Quesadilla w/ Corn Tortilla Black Beans Fruit	Chicken Taco "Casserole" Quinoa Corn & Peppers Fruit	Turkey Bolognese Gluten Free Pasta Broccoli Fruit	Sweet & Sour Turkey Meatballs Brown Rice Zucchini Squash Fruit
Monday 8/18	Tuesday 8/19	Wednesday 8/20	Thursday 8/21	Friday 8/22
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 8/25	Tuesday 8/26	Wednesday 8/27	Thursday 8/28	Friday 8/29
Gluten Free Pizza w/ Dairy-Free Cheese & BBQ Chicken Broccoli Fruit	Gluten Free Crispy Chicken Sandwich Gluten Free Bun Sweet Potatoes Fruit	Holiday Meal - Labor Day	Sweet Potato & Black Bean Nachos w/ Dairy-Free Cheese Corn Tortilla Chips Fruit	Turkey Bolognese Gluten Free Pasta Carrots Fruit

Don't Forget Your Fruits and Veggies!

- From the Desk of the Ethos Dietitian

Summer is fantastic when it comes to local produce. All across Massachusetts, farmers and mobile markets are delivering home-grown produce like salad fixings, snap peas, blueberries, watermelon -- and more! Eating local when possible is not only good for overall health, but also for the community and economy. Here are some healthy recipes that taste like summer:

- Fruit-Infused Water: Add 1-2 clean pieces of fruit and a sprig of mint in a glass. Top with iced water.
- Open-Faced Sandwich: Pick a protein (cooked chicken, hummus, tuna) and layer with lettuce and avocado on wheat bread.
- Caprese Salad: Slice mozzarella cheese and fresh tomato. Toss with basil, balsamic vinegar and oil.

Questions about menus or concerns with your nutrition status? Call the Ethos Nutrition Department at 617-477-6606.

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