


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	
BBQ Grilled Chicken	506
BBQ Sauce	135
Green Beans	4
Sweet Potato Fries	162
Wheat Bread	170
Vanilla Pudding Cup	141
Cal: 827 Na: 1278	

Monday 8/4		Tuesday 8/5		Wednesday 8/6		Thursday 8/7		Friday 8/8	
						High Sodium Cold Menu			
New England *Hot Dog	490	Lemon Pepper Marinated	712	Homestyle Salisbury Steak	134	Grilled Chicken Caesar Salad	764	Terriyaki Garlic Glazed Pork Tips	238
Baked Beans	140	Chicken Wings		w/ LS.Mushroom Gravy	81	Orecchiette Veggie Pasta Salad	11	Jasmin Rice	2
Cauliflower w/ Diced Red Peppers	3	Garlic Tumeric Rice	19	Mashed Potatoes	5	Caesar Dressing	396	California Blend Vegetables	27
Hot Dog Bun	190	Broccoli	9	Sliced Carrots w/ Thyme	55	Bread Stick	130	Dinner Roll	153
w/ Ketchup and Mustard Pkt.	137	Biscuit	267	Wheat Dinner Roll	169	Peach Shortcake w/ Whip Topping	203	Mandarin Oranges	4
Tropical Mixed Fruit Cup	0	Chocolate Chip Cookie	70	Nectarine	0				
Cal: 705 Na: 1130		Cal:728 Na: 1236		Cal: 649 Na: 604		Cal: 903 Na: 1664		Cal: 738 Na: 583	




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 HDM Menu - August 2025

Monday 8/11		Tuesday 8/12		Wednesday 8/13		Thursday 8/14		Friday 8/15	
						High Sodium			
Sliced Honey Buffet Ham	683	Summer Citrus Sweet and Sour	50	Fish and Chips	494	Chicken Piccata	683	Summer Peas and Pasta	649
w/ Sweet Pineapple Sauce	22	Beef Meatballs	490	w/ Tartar Sauce	261	Risotto	2	w/ Garlic Parmesan Sauce	58
Scalloped Potatoes	47	Bow Tie Pasta	1	Mixed Vegetables	28	Garlic Spinach	88	Broccoli	22
Brussel Sprouts	14	Chuck Wagon Corn	1	Wheat Bread	40	Garlic Knot	219	Wheat Dinner Roll	40
Wheat Bread	40	Wheat Dinner Roll	40	Fresh Orange	4	Happy Birthday Cake		Peach Cup	0
Fruited Muffin Loaf	250	Craisins	0			w/ Whip Topping	221		
Cal: 723 Na: 1217		Cal: 775 Na: 741		Cal: 846 Na :987		Cal: 734 Na: 1374		Cal: 974 Na: 928	

Monday 8/18		Tuesday 8/19		Wednesday 8/20		Thursday 8/21		Friday 8/22	
Cordon Royale		Tuna Salad	504	Seared Garlic Beef Tips	584	Cheese Ravioli	374	Roast Pork Tenderloin	248
Stuffed Chicken Breast w/ Ls Gravy	578	Lettuce and Tomato	2	Rice Pilaf	30	w/ Garden Vegetable Sauce	61	w/ Balsalmic Citrus Sauce	5
Parsley Potatoes	6	Coleslaw Broccoli Salad	384	Sliced Zucchini and Yellow Squash	11	Steamed Baby Carrots	55	Roasted Smashed Potatoes	5
French Green Bean	3	Multigrain Bread	215	Biscuit	267	Breadstick	130	Mixed Vegetables	28
Wheat Bread	40	Nectarine	0	Plum	0	Lemon Square Bar	157	Wheat Bread	40
Applesauce	15							Cinnamon Graham Cookie	85
Cal: 835 Na: 801		Cal: 721 Na: 1105		Cal: 903 Na: 951		Cal: 843 Na: 937		Cal: 674 Na: 571	

Monday 8/25		Tuesday 8/26		Wednesday 8/27		Thursday 8/28		Friday 8/29	
								Labor Day Special	
Eggplant Rollatini	291	Fire Braised Chili Lime Chicken Thighs	91	Sweet Italian Sausage		Baked Pollock	97	Hamburger on a Bun w/ Pickle chips	360
w/ Pink Tomato Sauce	134	Fiesta Rice	257	w/ Peppers and Onions	751	w/ Lemon Dill Sauce	177	Seasoned Potato Wedges	67
Spaghetti	1	Steamed Spinach	80	Red Roasted Rosemary Potatoes	38	Seasoned Rice	257	Corn on the Cob	6
Asparagus	3	Cornbread	179	Italian Blend Vegetables	37	Green Peas	62	w/ Ketchup and Mustard pkt.	82
Garlic Knot	19	Peach	0	Wheat Dinner Roll	169	Wheat Bread	40	House Baked Brownie	127
Sugar Free Cookie	70			Raisins	4	Fresh Apple	1		
Cal: 646 Na: 878		Cal: 854 Na: 768		Cal: 752 Na: 1159		Cal: 707 Na: 795		Cal: 865 Na: 1058	

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.

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