

Ethos Kosher HDM 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

Chicken Stew
O brien potato
Cauliflower
Rye bread
Cake

Monday 8/4

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

Tuesday 8/5

Chicken Marsala
Quinoa Pilaf
Steamed Carrots
Dinner Roll
Seasonal Fruit

Wednesday 8/6

Beef Burgundy
Roasted Potatoes
Wax Beans
Rye Bread
Seasonal Fruit

Thursday 8/7

Honey Roasted Chicken
Lemon Rice
Broccoli
Wheat Bread
Tropical Fruit

Friday 8/8

Glazed Meatloaf
Mashed Potatoes
Green Beans
Rye Bread
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 Kosher HDM Menu - August 2025

Monday 8/11		Tuesday 8/12		Wednesday 8/13		Thursday 8/14		Friday 8/15	
Makaroni Po Flotski Macaroni and Beef Mixed Vegetables Rye Bread Seasonal Fruit		Pot Roast Mashed Potatoes Bean Medley Dinner Roll Peaches		Chicken Stir Fry Basmati rice Corn Rye Bread Seasonal Fruit		Spinach and Onion Mac N Cheese Cavatappi Pasta Carrots Wheat Bread Apple Sauce		Chicken Shnitzel Lemon Rice Chopped Broccoli Rye Bread Seasonal Fruit	
Monday 8/18		Tuesday 8/19		Wednesday 8/20		Thursday 8/21		Friday 8/22	
Italian Rosemary Chicken Mashed Potatoes Roasted Tricolor Cauliflower Rye Bread Seasonal Fruit		Beef Kotleti Red Bliss Potatoes Green Peas Dinner Roll Fresh Fruit		Sweet Tangy Glazed Chicken Tenders Garlic rice Bean Medley Rye Bread Fresh Fruit		Seared Cod Cakes White Rice Roasted Zucchini Wheat Bread Apple Sauce		Chicken Cacciatore Rice Pilaf Green Beans Rye Bread Fruit	
Monday 8/25		Tuesday 8/26		Wednesday 8/27		Thursday 8/28		Friday 8/29	
				Holiday Meal - Labor Day					
Meatball Stroganoff Mashed Potatoes Carrots Rye Bread Seasonal Fruit		Tortellini Primavera Four Cheese Sauce Carrots Wheat Bread Diced Pears		Roasted Turkey Herbed Stuffing Butternut Squash Rye Bread Seasonal Fruit		Lemon and Dill Baked Cod Herbed Orzo Pilaf Broccoli Dinner Roll Fresh Fruit		Chicken stew O'Brien Potato Cauliflower Rye Bread Cake	

- From the Desk of the Ethos Dietitian

- 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