


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.

All HDM Drivers are required to see someone at delivery. No meals will be left without seeing someone at delivery.




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

Massachusetts Senior Farmer's Market Produce Distribution!

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	
	Na+
Tomato Bruschetta Chicken	335
Roasted Potatoes	85
Green Peas	20
Wheat Dinner Roll	150
Banana Bread	240
Cal:794 Na:965mg	


Monday 8/4		Tuesday 8/5		Wednesday 8/6		Thursday 8/7		Friday 8/8	
	Na+		Na+		Na+		Na+		Na+
Meatloaf w/ Gravy	545	Creamy Cajun Shrimp	535	American Chop Suey (Turkey)	270	Braised Beef & Vegetables	155	BBQ Chicken	555
Garlic Mashed Potatoes	22	White Rice	25	Whole Grain Pasta	4	Polenta	15	Mashed Sweet Potatoes	20
Carrots	56	Broccoli	38	Vegetable Medley	54	Kale & Corn	11	Brussel Sprouts	26
Wheat Roll	150	Cornbread Loaf	180	Wheat Bread	65	Cornbread Loaf	180	Hawaiian Roll	80
Pudding	130	Fruit	0	Fruit	0	Chocolate Chip Cookie	80	Fruit	0
Cal:705 Na:1038mg		Cal:753 Na:913mg		Cal:744 Na:528mg		Cal:761 Na:576mg		Cal:710 Na:816mg	



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 Traditional HDM Menu- August 2025

Monday 8/11		Tuesday 8/12		Wednesday 8/13		Thursday 8/14		Friday 8/15	
	Na+		Na+		Na+		Na+		Na+
Meatballs & Marinara (Beef & Chicken)		Chicken with Pineapple-Mango Salsa	95	White Fish Florentine	268	Hot Dog (Beef)	540	Cheese Lasagna	390
w/ Parmesan Cheese	692	Yellow Rice	26	Rice Pilaf	50	Sweet Potato Wedges	150	w/ Turkey Bolognese	190
Whole Grain Pasta	4	Black Bean & Corn Succotash	90	Mixed Root Vegetables	65	Hot German Slaw	148	Carrots	56
Mixed Vegetables	51	Dinner Roll	100	Wheat Dinner Roll	150	Wheat Hot Dog Bun	85	Wheat Bread	65
Wheat Roll	150	Pound Cake	240	Pudding	130	Ketchup	0	Fruit	0
Fruit	0					Fruit	85		
Cal:685 Na:1032mg		Cal:915 Na:686mg		Cal:690 Na:798mg		Cal:874 Na:1143mg		Cal:788 Na:836mg	
Monday 8/18		Tuesday 8/19		Wednesday 8/20		Thursday 8/21		Friday 8/22	
	Na+		Na+		Na+		Na+		Na+
Chicken Anna Maria	468	Beef Stroganoff	185	BBQ Jerk Salmon	390	Stewed Chicken Drumstick	213	Whole Grain Mac & Cheese	575
Roasted Potatoes	85	Egg Noodles	7	White Rice	25	Polenta	25	Carrots	56
Broccoli	38	Green Peas	20	Zucchini Squash & Red Peppers	20	Mixed Vegetables	51	Hawaiian Roll	80
Dinner Roll	100	Wheat Roll	150	Wheat Roll	150	Cornbread Loaf	180	Fruit	0
Pudding	130	Fruit	0	Blueberry Bread	250	Fruit	0		
Cal:704 Na:956mg		Cal:735 Na:497mg		Cal:941 Na:970mg		Cal:744 Na:604mg		Cal:789 Na:846mg	
Monday 8/25		Tuesday 8/26		Wednesday 8/27		Thursday 8/28		Friday 8/29	
	Na+		Na+	Holiday Meal - Labor Day	Na+		Na+		Na+
Pulled Pork Tacos w/ Lime Wedge	404	Cheese Tortellini	175	Cheeseburger	370	Tuscan White Fish	413	Beef Teriyaki	480
Brown Rice	25	w/ Chicken & Lemon Ricotta	330	Sweet Potato Wedges	150	Mashed Potatoes	22	White Rice	25
Black Beans, Corn & Peppers	61	Parmesan Sauce	54	Broccoli	38	Brussel Sprouts	26	Green Beans & Red Peppers	20
Mini Tortillas (2)	270		150	Wheat Hamburger Bun	80	Wheat Bread	65	Hawaiian Roll	80
Pudding	130	Wheat Roll	0	Ketchup	85	Fruit	0	Fruit	0
		Fruit		Peach Crisp	34				
Cal:870 Na:1025mg		Cal:780 Na:844mg		Cal:978 Na:892mg		Cal:711 Na:661mg		Cal:727 Na:740mg	

- From the Desk of the Ethos Dietitian

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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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