

Ethos Vegetarian 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 (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 Chik'n | 365 |
| Roasted Potatoes | 85 |
| Green Peas | 20 |
| Wheat Dinner Roll | 150 |
| Banana Bread | 240 |
| Cal:915 Na:995mg | |

| Monday 8/4 | | Tuesday 8/5 | | Wednesday 8/6 | | Thursday 8/7 | | Friday 8/8 | |
|------------------------------|-----|--------------------|-----|-------------------------------|-----|------------------------|-----|-----------------------|-----|
| | Na+ | | Na+ | | Na+ | | Na+ | | Na+ |
| Vegetarian Meatloaf w/ Gravy | 493 | Creamy Cajun Beans | 530 | Vegetarian American Chop Suey | 535 | Braised Veggie Sausage | | BBQ Tofu | 315 |
| Garlic Mashed Potatoes | 22 | White Rice | 25 | Whole Grain Pasta | 4 | & Vegetables | 420 | Mashed Sweet Potatoes | 20 |
| Carrots | 56 | Broccoli | 38 | Vegetable Medley | 54 | Polenta | 15 | Brussel Sprouts | 26 |
| Wheat Roll | 150 | Cornbread Loaf | 180 | Wheat Bread | 65 | Kale & Corn | 11 | Hawaiian Roll | 80 |
| Pudding | 130 | Fruit | 0 | Fruit | 0 | Cornbread Loaf | 180 | Fruit | 0 |
| | | | | | | Chocolate Chip Cookie | 80 | | |
| Cal:715 Na:986mg | | Cal:811 Na:908mg | | Cal:727 Na:793mg | | Cal:748 Na:841mg | | Cal:700 Na:576mg | |



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

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| Monday 8/11 | | Tuesday 8/12 | | Wednesday 8/13 | | Thursday 8/14 | | Friday 8/15 | |
|-------------------------------------|-----|---------------------------------|-----|-------------------------------|-----|------------------------------|-----|---------------------------|-----|
| | Na+ | | Na+ | | Na+ | | Na+ | | Na+ |
| Veggie Meatballs & Marinara w/ Parm | 750 | Chik'n w/ Pineapple-Mango Salsa | 365 | White Bean Florentine | 388 | Veggie Burger w/ Cheese | 495 | Cheese Lasagna | 390 |
| Whole Grain Pasta | 4 | Yellow Rice | 26 | Rice Pilaf | 50 | Sweet Potato Wedges | 150 | w/ Lentil Bolognese | 143 |
| Mixed Vegetables | 51 | Black Bean & Corn Succotash | 90 | Mixed Root Vegetables | 65 | Hot German Slaw | 148 | Carrots | 56 |
| Wheat Roll | 150 | Dinner Roll | 100 | Wheat Dinner Roll | 150 | Wheat Hamburger Bun | 80 | Wheat Bread | 65 |
| Fruit | 0 | Pound Cake | 240 | Pudding | 130 | Fruit | 0 | Fruit | 0 |
| | | | | | | Ketchup | 85 | | |
| Cal:765 Na:1090mg | | Cal:945 Na:956mg | | Cal:728 Na:918mg | | Cal:864 Na:1093mg | | Cal:742 Na:789mg | |
| Monday 8/18 | | Tuesday 8/19 | | Wednesday 8/20 | | Thursday 8/21 | | Friday 8/22 | |
| | Na+ | | Na+ | | Na+ | | Na+ | | Na+ |
| Chik'n Anna Maria | 538 | Vegetarian Stroganoff | 478 | BBQ Jerk Tofu | 342 | Tomato Stewed Garbanzo Beans | 399 | 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:825 Na:1026mg | | Cal:719 Na:790mg | | Cal:845 Na:922mg | | Cal:718 Na:790mg | | 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+ |
| Refried Bean & Cheese Taco | 518 | Cheese Tortellini | 175 | Veggie Burger w/ Cheese | 495 | Tuscan Veggie Fritters | 495 | Teriyaki Tofu | 437 |
| Brown Rice | 25 | w/ White Beans | 296 | Sweet Potato Wedges | 150 | Mashed Potatoes | 22 | White Rice | 25 |
| Black Beans, Corn & Peppers | 61 | & Lemon Ricotta Parmesan Sauce | | Broccoli | 38 | Brussel Sprouts | 26 | Green Beans & Red Peppers | 20 |
| Mini Tortillas (2) | 270 | Vegetable Medley | 54 | Wheat Hamburger Bun | 80 | Wheat Bread | 65 | Hawaiian Roll | 80 |
| Pudding | 130 | Wheat Roll | 150 | Peach Crisp | 34 | Fruit | 0 | Fruit | 0 |
| | | Fruit | 0 | Ketchup | 85 | | | | |
| Cal:798 Na:1139mg | | Cal:811 Na:810mg | | Cal:982 Na:1017mg | | Cal:783 Na:743mg | | Cal:705 Na:679mg | |

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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