

Ethos HDM Vegetarian Menu-March 2026



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.

To cancel a meal, please call 617-477-6606 by 9AM the previous day.

Monday 3/2		Tuesday 3/3		Wednesday 3/4		Thursday 3/5		Friday 3/6	
	Na+		Na+		Na+		Na+		Na+
Tuscan Chik'n w/ Orzo	523	Roast Tofu w/ Gravy	230	Vegetarian Torta di Polenta		Veggie Fritters	330	Creamy Cajun Beans	527
California Blend Vegetables	4	Mashed Potatoes	23	Polenta w/Cheese	623	Sweet Potato Wedges	150	Whole Grain Pasta	4
Wheat Roll	34	Carrots	56	Kale & Peppers	29	Green Beans w/ Red Peppers	20	Green Peas	20
Apple	150	Wheat Roll	150	Cornbread Loaf	180	Hawaiian Roll	80	Wheat Bread	65
	1	Orange	0	Banana	1	Shortbread Cookie	150	Fruit Cup	1
						Tartar Sauce	110		
Cal:870 Na:847mg		Cal:416 Na:594mg		Cal:777 Na:968mg		Cal:873 Na:975mg		Cal:715 Na:752mg	
Monday 3/9		Tuesday 3/10		Wednesday 3/11		Thursday 3/12		Friday 3/13	
	Na+		Na+		Na+		Na+		Na+
Tofu, Onions & Peppers	75	Honey Mustard Chik'n	475	Veggie Sausage, Gravy	520	Three Bean Chili	487	Veggie Fritters, Herbed Aioli	524
White Rice	25	Butternut Squash	12	Mashed Potatoes	23	Shredded cheese	96	Rice Pilaf	50
Broccoli	38	Vegetable Medley	54	Brussel Sprouts	26	Green Beans & Red Peppers	20	Broccoli	38
Dinner Roll	100	Dinner Roll	100	Hawaiian Roll	80	Cornbread Bowl	160	Pound Cake	240
Cinnamon Apples	3	Pear	3	Chocolate Pudding	135	Fruit Cup	1	Wheat Roll	150
Cal:725 Na:376mg		Cal:725 Na:779mg		Cal:730 Na:919mg		Cal:690 Na:899mg		Cal:848 Na:1137mg	

ANNOUNCEMENTS



Daylight Savings: Spring is almost here! Don't forget to move your clock forward by 1 hour on Sunday, 3/8.

Weather Emergency: If you are concerned that Ethos is closed due to bad weather, please call the main number at 617-522-6700. Ethos' closing announcement is also listed on local television stations Channel 5 and Channel 7.

JP@Home is Now Neighbors Connect! Aging Well Together

-Neighbors Connect is a member-driven community for older adults who want to bring new energy into their lives. The community includes individuals in JP, Roslindale, West Roxbury, Roxbury, Hyde Park, Mission Hill, and Brookline. Together, members build friendships, enjoy a range of activities, support one another, and have fun!

To learn more about membership fees and services, please contact

JOIN TODAY!

Member Services

617-477-6934

ldroster@ethocare.org

www.ethocare.org/jphome

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

Ethos HDM Vegetarian Menu-March 2026

Monday 3/16		Tuesday 3/17		Wednesday 3/18		Thursday 3/19		Friday 3/20	
	Na+		Na+		Na+		Na+		Na+
Cheese Ravioli	200	Holiday Meal High Sodium	Na+	Stewed Tomato Garbanzo Beans	400	Egg & Cheese Broccoli Bake	315	Honey Glazed Chik'n	394
Lentil Bolognese & Parmesan	243	Veggie Sausage & Cabbage	343	White Rice	25	Whole Grain Biscuit	370	Roasted Sweet Potatoes	21
Brussel Sprouts	26	Boiled Potatoes	133	Vegetable Medley	54	Mixed Vegetables	51	California Blend Vegetables	34
Wheat Bread	65	Carrots	56	Whole Grain Cornbread Loaf	180	Banana	1	Wheat Roll	150
Vanilla Pudding	130	Wheat Roll	150	Orange	0			Pear Cup	0
		Shamrock Cookie	65						
Cal:770 Na:799mg		Cal:847 Na:852mg		Cal:775 Na:794mg		Cal:690 Na:872mg		Cal:847 Na:734mg	
Monday 3/23		Tuesday 3/24		Wednesday 3/25		Thursday 3/26		Friday 3/27	
	Na+		Na+		Na+		Na+		Na+
Creamy Bean & Spinach Casserole	416	Lentil Stew	132	Chik'n Cutlet & Gravy	513	Tofu & Artichoke Picatta	253	Whole Grain Cheese Lasagna	390
Orzo	4	Whole Grain Buttermilk Biscuit	370	Rice Pilaf	50	Mashed Potatoes	23	Marinara Sauce & Mozzarella	315
Green Peas, Red Peppers	54	Broccoli	38	Mixed Root Vegetables	51	Carrots	56	Mixed Vegetables	51
Cornbread Loaf	180	Chocolate Pudding	135	Wheat Roll	150	Whole Grain Cornbread Loaf	180	Dinner Roll	100
Oatmeal Cookie	90			Apple	1	Pear	2	Orange	0
Cal:700 Na:879mg		Cal:767 Na:810mg		Cal:715 Na:900mg		Cal:840 Na:649mg		Cal:701 Na:991mg	
Monday 3/30		Tuesday 3/31		 <p style="margin-top: 10px;">Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse. Call 800-892-0890 or visit www.masmp.org for more information.</p>					
	Na+		Na+						
Vegetarian Shepherd's Pie	530	Vegetarian Carbonara	463						
Mashed Potatoes, Corn & Peas	20	Whole Grain Pasta	4						
Green Beans	370	Broccoli	38						
Whole Grain Biscuit	3	Wheat Roll	150						
Cinnamon Apples		Vanilla Pudding	130						
Cal:763 Na:1058mg		Cal:675 Na:920mg							

March is National Nutrition Month!

National Nutrition Month is a time to encourage healthy eating habits for all. For older adults, here are some nutrition tips that can help:

- Eat snacks that have a balance of protein, carbohydrates and fat (ex. tuna salad on some wheat crackers, or a half cup of low fat yogurt with fruit).
- Aim for three meals daily. Eating regularly can help maintain energy levels and overall health.
- Practice techniques to reduce your risk for foodborne illness (ex. wash hands and surfaces when touching raw meat, and before/after food prep).
- Add fruits and vegetables raw or cooked with meals and snacks. They are packed with vitamins and fiber!



Meal Cancellation Policy

In an effort to reduce food waste, Ethos requests that all HDM clients call by 9AM the day before to cancel meal deliveries. Please call 617-477-6606 for meal cancellations or further information. Thank you for supporting our effort to reduce food waste!

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