

Ethos HDM Hot Menu - May 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. Note: An asterisk indicates a high sodium item of >500mg.

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 at least 24 hours in advance.

ANNOUNCEMENTS!



1. **Ethos is closed for Memorial Day: Monday, May 25, 2026.** Frozen meals are delivered the week of May 18, 2026.
2. **Alzheimer's:** If you know someone with Alzheimer's and need assistance, the Alzheimer's Association has a 24/7 Helpline with over 200 languages available. Call 800-272-3900.
3. **Farmers Markets:** Most farmers markets accept SNAP/EBT cards. The Healthy Incentives Program (HIP) applies funds to your purchase when you use EBT cards to buy fruits and vegetables at participating vendors. Look for farmers markets with the HIP logo at their tables. Visit DTA website to find HIP vendors near you.

Friday 5/1

	Na+
Salisbury Steak	134
Mushroom Gravy	81
Garlic Mashed Potatoes	30
Buttered Carrots, Thyme	91
Wheat Dinner Roll	169
Lemon Square	157
Cal: 786 Na: 821mg	

Monday 5/4

Tuesday 5/5

Wednesday 5/6

Thursday 5/7

Friday 5/8

	Na+	Cold Sandwich Special	Na+		Na+		Na+	Happy Mothers Day Special	Na+
Creamy Sausage and Pea Pasta	729	Chef Salad, Grilled Chicken	503	Macaroni and Cheese Primavera	435	Beef Tips, Garlic Sauce	556	Baked Pollock, Lemon Wedge	97
Stewed Tomatoes	186	Ranch Dressing	285	Green Beans	4	Rice Pilaf	30	and Lemon Butter Sauce	29
Breadstick	65	Tri-Color Rotini Salad	11	Wheat Dinner Roll	169	Zucchini and Yellow Squash	11	Scallop Potatoes	47
Apple	1	Breadstick	65	Orange	4	Biscuit	267	Spinach Garlic and Oil	88
		Chocolate Chip Cookie	70			Pineapple Cup	1	Cornbread Loaf	179
								Peach Shortcake, Whip Topping	203
Cal: 949 Na: 1141mg		Cal: 956 Na: 1094mg		Cal: 828 Na: 772 mg		Cal: 980 Na: 1025mg		Cal: 712 Na: 803mg	

Food Safety

-As the warm weather comes around, it is important to consider food safety. Hot home delivered meals are intended for immediate consumption. If you are not able to eat it at delivery, please place in the fridge immediately.



Ethos Annual Prom

-Ethos Annual Senior Prom will be held Thursday, May 21, 2026 at the Irish Social Club in West Roxbury.
-Check the Ethos website for more information: www.ethocare.org




Pride Month - June

-Ethos Pride Initiative Program is dedicated to supporting LGBTQ+ elders in the Greater Boston area. Please contact Mackenzie Valencia at 617-477-6937 for more information.

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

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Monday 5/11		Tuesday 5/12		Wednesday 5/13		Thursday 5/14		Friday 5/15	
	Na+		Na+		Na+		Na+		Na+
Honey Stung Oven Fried Chicken	543	American Chop Suey	394	Hot Dog w/ Bun	575	Buffalo Chicken Sandwich		Roast Turkey, Gravy	584
Wild Rice Pilaf	192	California Blend Vegetables	27	Seasoned Potato Wedges	267	Swiss Cheese + Lettuce	374	Mashed Potatoes	60
Asparagus	3	Wheat Dinner Roll	169	Mixed Vegetables	28	Red Bliss Potato Salad	430	Butternut Squash	3
Wheat Bread	170	Mandarin Orange Cup	7	Ketchup + Mustard Packet	137	Cucumber Red Onion Salad	8	Wheat Bread	170
Pear	2			Chocolate Pudding Cup	151	Birthday Brownie	127	Raisins	4
Cal: 795 Na: 1070mg		Cal: 685 Na: 756mg		Cal: 707 Na: 1157 mg		Cal: 843 Na: 1064mg		Cal: 875 Na: 980mg	
Monday 5/18		Tuesday 5/19		Wednesday 5/20		Thursday 5/21		Friday 5/22	
	Na+	Cold Sandwich Special	Na+		Na+	High Sodium	Na+	Happy Memorial Day Special	Na+
Eggplant Rollatini	270	Tuna Salad Wrap	844	Honey Garlic Pork Tips	499	BBQ Chicken	641	Hamburger w/ Bun	269
Linguine w/ Tomato Sauce	199	w/ Lettuce Filet	0	Red Pepper Brown Rice	2	Baked Beans	140	Pickle Chips	91
Buttered Cauliflower w/ Parsley	48	Green Bean Salad	5	California Blend Vegetables	27	Mixed Vegetables	28	Red Roasted Potatoes	37
Breadstick	65	Pretzel Goldfish	200	Dinner Roll	153	Cornbread Muffin	280	Broccoli	22
Peach Cup	0			Mixed Fruit Cup	1	Orange	4	Ketchup + Mustard Packet	137
								Lemon Blueberry Bites	60
Cal: 680 Na: 742 mg		Cal: 750 Na: 1173mg		Cal: 742 Na: 840 mg		Cal: 827 Na: 1253mg		Cal: 703 Na: 741mg	
Monday 5/25		Tuesday 5/26		Wednesday 5/27		Thursday 5/28		Friday 5/29	
CLOSED FOR MEMORIAL DAY			Na+	High Sodium	Na+		Na+		Na+
 Frozen meals are delivered week of May 18, 2026		Moroccan Inspired Chicken Thighs	133	Spring Pasta w/ Turkey Meatballs	964	Tuscan Spring Tortellini Salad	463	Teriyaki Glaze Salmon	266
		Couscous	45	and Garlic Parmesan Sauce	58	Corn and Pepper Quinoa Salad	459	Jasmin Rice	2
		Citrus Brussel Sprouts	14	Monte Carlo Blended Vegetables	13	Breadstick	65	Sesame Broccoli	22
		Wheat Dinner Roll	169	Wheat Dinner Roll	169	Apple	1	Wheat Bread	170
		Vanilla Pudding Cup	130	Applesauce	15			Fruited Muffin Loaf	250
		Cal: 801 Na: 651mg		Cal: 838 Na: 1379 mg		Cal: 983 Na: 1149mg		Cal: 749 Na: 870mg	

May is Older Americans Month - *From the Desk of the Community Dietitian, Aoife Gilvarry, at Ethos*

This year's theme for Older Americans Month is "Champion Your Health". The theme focuses on prevention, wellness, and personal responsibility as foundations of healthy aging. For example, eating a balanced diet and staying active can help prevent malnutrition.

"Champion Your Health" encourages taking an active role in managing your own health and accessing preventative care. Engaging in community programs that promote well-being are a great way to execute this. Please visit your local Ethos cafe for events, programming, and opportunities to meet others. For more information, please contact the Ethos cafe department at



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