

Ethos HDM Traditional 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!



- Ethos is closed for Memorial Day: Monday, May 25, 2026.** Frozen meals are delivered the week of May 18, 2026.
- 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.
- 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+
Beef, Onions & Peppers	132
White Rice	25
Broccoli	38
Dinner Roll	100
Cinnamon Apples	3

Cal:786 Na:433mg 433

Monday 5/4

Tuesday 5/5

Wednesday 5/6

Thursday 5/7

Friday 5/8

	Na+		Na+		Na+		Na+		Na+
Seafood Cajun Pasta	500	Powerhouse Turkey Chili	268	Chicken in Sundried Tomato Sauce	250	BBQ Pulled Pork	350	Hamburger	230
Whole Grain Pasta	4	Shredded cheese	96	Orzo	4	Butternut Squash	12	Potato Wedges	20
Green Peas	20	Green Beans & Red Peppers	20	Broccoli	38	Vegetable Medley	54	California Blend Vegetables	34
Wheat Bread	65	Cornbread Bowl	160	Wheat Roll	150	Dinner Roll	100	Wheat Hamburger Bun	75
Orange	1	Fruit Cup	0	Lemon White Chocolate Cookie	100	Pear	2	Chocolate Pudding	130
Cal:743 Na:725mg	725	Cal:772 Na:679mg	679	Cal:787 Na:677mg	677	Cal:791 Na:653mg	653	Cal:738 Na:624mg	624

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+
Cheese Ravioli	200	Stewed Tomato Chicken	213	Torta di Polenta (Pork Sausage & Beef)	493	Honey Glazed Salmon	85	Egg & Cheese Broccoli Bake	656
Beef Bolognese & Parmesan	295	White Rice	25	Polenta with Cheese		Roasted Sweet Potatoes	21	Wheat Roll	150
Brussel Sprouts	26	Carrots	56	Kale & Peppers	29	California Blend Vegetables	34	Mixed Vegetables	51
Wheat Roll	150	Whole Grain Cornbread Loaf	180	Hawaiian Roll	80	Dinner Roll	100	Banana	1
Fig Newton	180	Orange	0	Apple	1	Shortbread Cookie	150		
Cal:871 Na:986mg		Cal:808 Na:609mg		Cal:852 Na:738mg		Cal:798 Na:525mg		Cal:834 Na:993mg	
Monday 5/18		Tuesday 5/19		Wednesday 5/20		Thursday 5/21		Friday 5/22	
	Na+		Na+	Holiday Meal	Na+		Na+		Na+
Beef Stew	140	Creamy Turkey & Spinach Casserole	375	BBQ Chicken Sandwich (Thigh)	360	Whole Grain Cheese Lasagna	390	Tuscan Chicken	403
Whole Grain Buttermilk Biscuit	370	Orzo	4	Sweet Potato Fries	150	Marinara Sauce & Mozzarella	315	Rice Pilaf	50
Green Peas & Red Peppers	72	Broccoli	38	Zucchini & Red Peppers	19	Mixed Vegetables	51	California Blend Vegetables	34
Pear	2	Cornbread Loaf	180	Wheat Sandwich Bun	75	Dinner Roll	100	Wheat Roll	150
		Oatmeal Cookie	90	Pound Cake	240	Orange	0	Apple	1
Cal:780 Na:719mg		Cal:832 Na:822mg		Cal:850 Na:949mg		Cal:701 Na:991mg		Cal:813 Na:773mg	
Monday 5/25		Tuesday 5/26		Wednesday 5/27		Thursday 5/28		Friday 5/29	
	Na+		Na+		Na+		Na+		Na+
<p>CLOSED FOR</p> <p>MEMORIAL DAY</p>  <p>Frozen meals are delivered week of</p> <p>May 18, 2026</p>		Pot Roast, Brown Gravy	585	Hot Dog (Beef)	540	Chicken Alfredo	610	White Fish Picatta	388
		Mashed Potatoes	23	Baked Beans	140	Whole Grain Pasta	4	Mashed Potatoes	23
		Brussel Sprouts	26	Carrots	56	Broccoli	38	Vegetable Medley	54
		Cornbread Loaf	180	Wheat Hot Dog Bun	85	Wheat Roll	150	Whole Grain Cornbread Loaf	180
		Vanilla Pudding	135	Orange	1	Chocolate Chip Cookie	80	Pear	2
Cal:707 Na:1084mg		Cal:870 Na:1037mg		Cal:756 Na:1017mg		Cal:770 Na:782mg		Cal:770 Na:782mg	

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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