

# Ethos HDM Vegetarian 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+
Veggie Sausage, Peppers & Onions	467
White Rice	25
Broccoli	38
Dinner Roll	100
Cinnamon Apples	3

**Cal:652 Na:768mg**

Monday 5/4

Tuesday 5/5

Wednesday 5/6

Thursday 5/7

Friday 5/8

	Na+		Na+		Na+		Na+		Na+
Creamy Cajun Beans	470	3 Bean Chili	470	Chik'n in Sundried Tomato Sauce	520	BBQ Chickpeas	467	Veggie Burger & Cheese	495
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
<b>Cal:741 Na:695mg</b>		<b>Cal:724 Na:881mg</b>		<b>Cal:816 Na:947mg</b>		<b>Cal:681 Na:770mg</b>		<b>Cal:829 Na:969mg</b>	

### 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](http://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**

## Ethos HDM Vegetarian Menu - May 2026

Monday 5/11		Tuesday 5/12		Wednesday 5/13		Thursday 5/14		Friday 5/15	
	Na+		Na+		Na+		Na+		Na+
Cheese Ravioli	200	Stewed Garbanzo Beans & Tomatoes	400	Vegetarian Torta di Polenta		Honey Glazed Chik'n	386	Egg & Cheese Broccoli Bake	656
Lentil Bolognese & Parmesan	243	White Rice	25	Polenta w/ Cheese	515	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		
<b>Cal:824 Na:934mg</b>		<b>Cal:707 Na:796mg</b>		<b>Cal:700 Na:760mg</b>		<b>Cal:822 Na:826mg</b>		<b>Cal:834 Na:993mg</b>	
Monday 5/18		Tuesday 5/19		Wednesday 5/20		Thursday 5/21		Friday 5/22	
	Na+	High Sodium Meal	Na+	Holiday Meal	Na+		Na+		Na+
Lentil Stew	133	Creamy White Bean & Spinach Casserole		BBQ Chik'n	493	Whole Grain Cheese Lasagna	390	Tuscan Tofu	185
Whole Grain Buttermilk Biscuit	370	Orzo	795	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
Margarine	30	Oatmeal Cookie	90	Pound Cake	240	Orange	0	Apple	1
<b>Cal:770 Na:712mg</b>		<b>Cal:854 Na:1238mg</b>		<b>Cal:886 Na:1112mg</b>		<b>Cal:701 Na:991mg</b>		<b>Cal:771 Na:555mg</b>	
Monday 5/25		Tuesday 5/26		Wednesday 5/27		Thursday 5/28		Friday 5/29	
<p style="margin: 0;"><b>CLOSED FOR</b></p> <p style="margin: 0; font-size: 24px; font-weight: bold;">MEMORIAL DAY</p> <div style="text-align: center; margin: 5px 0;"> </div> <p style="margin: 0; color: red; font-weight: bold;">Frozen meals are delivered week of May 18, 2026</p>			Na+		Na+		Na+		Na+
		Veggie Sausage & Gravy	520	Veggie Burger & Cheese	495	Vegetarian Carbonara	467	Tofu & Artichoke Picatta	253
		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 Hamburger Bun	75	Wheat Roll	150	Whole Grain Cornbread Loaf	180
		Vanilla Pudding	135	Orange	1	Chocolate Chip Cookie	80	Pear	2
		<b>Cal:732 Na:1019mg</b>		<b>Cal:840 Na:982mg</b>		<b>Cal:740 Na:874mg</b>		<b>Cal:815 Na:647mg</b>	

### 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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