

# Ethos HDM Allergen Menu-June 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.**


Monday 6/1	Tuesday 6/2	Wednesday 6/3	Thursday 6/4	Friday 6/5
Gluten Free Pizza Dairy- Free Cheese & BBQ Chicken Broccoli Fruit	Gluten Free Crispy Chicken Sandwich Gluten Free Bun Sweet Potatoes Fruit	Falafel Bites Brown Rice Zucchini Squash Fruit	Sweet Potato & Black Bean Nachos Dairy-Free Cheese Corn Tortilla Chips Fruit	Turkey Bolognese Gluten Free Pasta Carrots Fruits
Monday 6/8	Tuesday 6/9	Wednesday 6/10	Thursday 6/11	Friday 6/12
Honey Mustard Chicken Alfredo Gluten Free Pasta Broccoli Fruit	Chicken & Dairy- Free Cheese Quesadilla, Corn Tortilla Black Beans Fruits	Chicken Taco "Casserole" Quinoa Corn & Peppers Fruit	Turkey Bolognese Gluten Free Pasta Broccoli Fruit	Gluten Free Pizza BBQ Chicken, Dairy-Free Cheese Carrots Fruit

### Announcements

1. **Ethos Nutrition Annual Survey** – In June, you will receive our annual Home Delivered Meals Satisfaction Survey delivered by your HDM driver. Your input is valuable to our program, and all answers are anonymous and confidential. When finished, you can either return your survey to your HDM driver or mail it to Ethos at 555 Amory Street, Jamaica Plain, MA 02130. Thank you!
2. **Food Safety**-As the warm weather returns, it is important to consider food safety. Home delivered meals are intended for immediate consumption. If you are not able to eat it at delivery, please place in the fridge immediately. Also, be mindful of drinking fluids throughout the day to decrease risk of dehydration.
3. **Friday, June 19, 2026** - Ethos is closed for the Juneteenth Holiday. Frozen meals are delivered week of June 15, 2026.
4. **Sunday, June 21, 2026** - Summer Begins and Happy Father's Day!

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

# Ethos HDM Allergen Menu-June 2026

Monday 6/15		Tuesday 6/16		Wednesday 6/17		Thursday 6/18		Friday 6/19	
Dairy-Free Chicken Alfredo Gluten Free Pasta Broccoli Fruit		Chicken & Dairy- Free Cheese Quesadilla, Corn Tortilla Black Beans Fruit		Chicken Taco "Casserole" Quinoa Corn & Peppers Fruit		Turkey Bolognese Gluten Free Pasta Broccoli Fruit		 <p><b>Ethos is closed. Frozen meals delivered week of 6/15/26</b></p>	
Monday 6/22		Tuesday 6/23		Wednesday 6/24		Thursday 6/25			
BBQ Chicken Brown Rice Broccoli Fruit		American Chop Suey Gluten Free Pasta Carrots Fruit		Chicken Fajitas Peppers, Onions Dairy-Free Cheese, Corn Tortilla Fruit		Caribbean Chicken Peppers, Whole Grain Grits Black Beans Fruit		Pulled Honey Jerk Chicken Sandwich Gluten Free Bun Brussel Sprouts Fruit	
Monday 6/29		Tuesday 6/30		<p><b>Happy July 4th!</b></p> <p><b>-Friday, July 3, 2026: Ethos is closed for the Independence Day Holiday. Frozen meals will be delivered week of June 29,2026.</b></p> <p><b>-To cancel a meal, please call 617-477-6606 at least 24 hours in advance to prevent food waste.</b></p>					
Gluten Free Pizza Dairy- Free Cheese BBQ Chicken Broccoli Fruit		Gluten Free Crispy Chicken Sandwich Gluten Free Bun Sweet Potatoes Fruit							



## Vitamin D!

- From the Desk of the Ethos Dietitian, Aoife Gilvarry

As we age, we need more vitamin D to protect healthy bones and muscle function. Vitamin D has an important function to help the body absorb calcium. The recommended dietary amount is 600-800 IU daily for older adults. Ways to get more vitamin D are to:

- Drink fortified beverages - milk, soymilk, orange juice
- Eat foods such as fortified cereals, salmon, sardines, eggs and mushrooms
- Be in direct sunlight. Check in with your medical provider about length of time.
- Take a dietary supplement - under the supervision of your medical provider



## Happy Pride Month!

-Ethos is marching in the 2026 Boston Pride for the People Parade! If you are interested in joining Ethos in the parade, please reach out to Mackenzie Valencia at 617-477-6937.  
-The Annual Pride Luncheon for LGBTQ Seniors and Allies is on June 16, 2026 from 11:30a-2:30p at the Venezia Restaurant. Visit the Ethos website to register at [www.ethocare.org/events/](http://www.ethocare.org/events/)

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