

Ethos HDM Hot 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	
	Na+		Na+		Na+		Na+		Na+
Citrus Sweet and Sour		Chili Lime Chicken Wings	91	Eggplant Parmesan		Mexican Pork Tenderloin	48	Salisbury Steak	134
Turkey Meatballs w/ Pasta	706	Garlic Turmeric Rice	15	w/ Tomato Sauce & Spaghetti	926	White Rice & Red Beans	33	w/ Mushroom Gravy	81
Mixed Vegetables	28	California Blend Vegetables	27	Zucchini and Squash	11	Black Bean & Corn Salsa	102	Mashed Potatoes	60
Wheat Dinner Roll	169	Biscuit	267	Breadstick	65	Wheat Bread	170	Carrots w/ Rosemary	55
Oatmeal Cookie	85	Peach Cup	0	Orange	4	Raisins	4	Wheat Roll	169
								Lemon Square	157
Cal: 697 Na: 1148mg		Cal: 772 Na: 560mg		Cal: 839 Na: 1165 mg		Cal: 714 Na: 517mg		Cal: 879 Na: 815mg	
Monday 6/8		Tuesday 6/9		Wednesday 6/10		Thursday 6/11		Friday 6/12	
	Na+	High Sodium	Na+		Na+		Na+		Na+
Sweet Italian Sausage w/ Peppers & Onions	751	Chicken Caesar Salad w/ Caesar Dressing Pkt	764	Unstuffed Beef Pepper Bowl w/ Tomato Sauce	257	Turkey Medallions w/ Tomato Orange Sauce & Pasta	469	Baked Pollock w/ Lemon Dill Sauce	224
Roasted Potatoes	38	Lemon Orzo Salad	17	White Rice	15	Green Peas	62	Mashed Potatoes	60
Italian Green Beans	4	Breadstick	65	Cauliflower	13	Sweet Dinner Roll	125	Buttered Mixed Vegetables	63
Ciabatta Bread	240	Lemon Blueberry Bites	60	Wheat Roll	169	Applesauce Cup	15	Ciabatta Bread	240
Apple	1			Pear	2			Vanilla Pudding	130
Cal: 740 Na: 1194mg		Cal: 962 Na: 1461mg		Cal: 774 Na: 615 mg		Cal: 770 Na: 830mg		Cal: 692 Na: 877mg	

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 Hot Menu-June 2026

Monday 6/15		Tuesday 6/16		Wednesday 6/17		Thursday 6/18		Friday 6/19	
<i>Holiday Special</i>	Na+		Na+		Na+	<i>Cold Special</i>	Na+	 <p style="text-align: center; font-weight: bold;">Ethos is closed. Frozen meals delivered week of 6/15/26</p>	
BBQ Chicken Thighs	429	Hamburger w/ Bun	269	Honey Garlic Pork Tips	499	Chicken Salad w/ Lettuce	198		
Fiesta Rice	257	Pickle Chips	91	White Rice	15	Multigrain Bread	215		
Spinach	80	& Ketchup + Mustard Pkts	137	Chuckwagon Corn	1	Carrot and Raisin Salad	276		
Cornbread Loaf	179	Sweet Potato Puffs	202	Wheat Roll	169	Birthday Cake w/ Whipped Topping	221		
Pineapple Cup	1	Broccoli	22	Sugar Free Cookie	70				
		Orange	4						
Cal: 757 Na: 1106mg		Cal: 720 Na: 851mg		Cal: 729 Na: 913 mg		Cal: 790 Na: 911mg			

Monday 6/22		Tuesday 6/23		Wednesday 6/24		Thursday 6/25		Friday 6/26	
	Na+	<i>High Sodium</i>	Na+		Na+		Na+	<i>Summer Special</i>	Na+
Baked Stuffed Manicotti w/ Tomato Sauce	450	Turkey and Bacon Club Wrap w/ Pickle Chips & Provolone	965	Chicken Piccata	501	Potato Pollock Crunch w/ Tartar Sauce	300	Dry Rub Beef Brisket	70
Italian Blend Vegetables	198	Mayo Pkt	265	Mushroom Risotto w/ Peas	58	O'Brien Potato	261	Cilanro Lime Rice	14
Garlic Knot	37	Coleslaw	64	Baby Carrots	55	Mixed Vegetables	25	Squash w/ Red Peppers	71
Strawberry Appleway Bar	219	Mixed Fruit Cup	209	Wheat Roll	169	Wheat Bread	28	Cornbread Loaf	179
	85		1	Fruited Muffin Loaf	214	Apple	170	Peach	0
							1		
Cal: 784 Na: 1150mg		Cal: 751 Na: 1504mg		Cal: 764 Na: 1157 mg		Cal: 789 Na: 945mg		Cal: 744 Na: 494mg	

Monday 6/29		Tuesday 6/30		Wednesday 6/31	
	Na+		Na+	Happy July 4th!	
Honey Stung Chicken	543	Buffet Ham	668	<p>-Friday, July 3, 2026: Ethos is closed for the Independence Day Holiday. Frozen meals will be delivered week of June 29,2026.</p> <p>-To cancel a meal, please call 617-477-6606 at least 24 hours in advance to prevent food waste.</p>	
Mashed Potatoes	60	w/ Sweet Pineapple Sauce	5		
Stewed Tomatoes	186	Scalloped Potatoes	47		
Wheat Bread	170	Buttered Brussel Sprouts	49		
Orange	4	Breadstick	65		
		Chocolate Pudding	151		
Cal: 752 Na: 1123mg		Cal: 682 Na: 1145mg			



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/

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