

# Ethos HDM Kosher 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	
	Italian Rosemary Chicken Mashed Potatoes Roasted Tricolor Cauliflower Rye Bread Fruit		Beef Kotleti Red Bliss Potatoes Green Peas Dinner Roll Fruit		Sweet-Tangy Glazed Chicken Tenders Home Fries Bean Medley Wheat Bread Fruit		Seared Cod Cakes White Rice Roasted Zucchini Wheat Bread Apple Sauce		Chicken Cacciatore Rice Pilaf Green Beans Rye Bread Fruit
Monday 6/8		Tuesday 6/9		Wednesday 6/10		Thursday 6/11		Friday 6/12	
	Meatball Stroganoff Mashed Potatoes Carrots Rye Bread Fruit		Tortellini Primavera Four Cheese Sauce Mixed Vegetables Dinner Roll Dice Pear		Roasted Turkey Herbed Stuffing Butternut Squash Rye Bread Fruit		Lemon & Dill Baked Cod Herbed Orzo Pilaf Broccoli Dinner Roll Dice Peach		Chicken Stew O'Brian Potatoes Cauliflower Rye Bread 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 Kosher Menu-June 2026

Monday 6/15		Tuesday 6/16		Wednesday 6/17		Thursday 6/18		Friday 6/19	
Broccoli & Farfalle Alfredo Bow Tie Pasta Grilled Summer Vegetables Rye Bread Fruit		Chicken Marsala Quinoa Pilaf Steamed Carrots Dinner Roll Apple Sauce		Beef Burgundy Roasted Potatoes Wax Beans Rye Bread Fruti		Honey Roasted Chicken Lemon Rice Broccoli Wheat Bread 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			
Makaroni Po Flotski Macaroni & Beef Mixed Vegetables Rye Bread Fruit		Cheese Blintz Roasted Potatoes Bean Medley Dinner Roll Peaches		Chicken Stir Fry Basmati Rice Corn Rye Bread Fruit		Spiinach & Onion Mac & Cheese Cavatappi Pasta Mixed Vegetables Wheat Bread Fruit		Cod Bruchetta Lemon Rice Carrots Rye Bread 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>					
Italian Rosemary Chicken Mashed Potatoes Roasted Tricolor Cauliflower Rye Bread Fruit		Beef Kotleti Red Bliss Potatoes Green Peas Dinner Roll 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/)

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