

# Ethos HDM Traditional 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+
Roast Turkey		Cheese Tortellini	175	BBQ Chicken	357	Braised Beef & Vegetables	161	Potato Pollock	330
Cranberry Apple Chutney	435	w/ Beef Bolognese	195	Roasted Potatoes	85	Polenta	15	Sweet Potato Wedges	150
Mashed Potatoes	23	Brussel Sprouts	26	Broccoli	38	Spinach w/ Peppers	65	California Blend Vegetables	34
Carrots	56	Wheat Roll	150	Whole Grain Cornbread	180	Dinner Roll	100	Hawaiian Roll	80
Wheat Bread	65	Shortbread Cookie	150	Banana	1	Vanilla Pudding	130	Fruit Cup	5
Pear	1							Tartar Sauce	113
<b>Cal:690 Na:715mg</b>	715	<b>Cal:786 Na:831mg</b>	831	<b>Cal:755 Na:796mg</b>	796	<b>Cal:797 Na:606mg</b>	606	<b>Cal:706 Na:847mg</b>	847
Monday 6/8		Tuesday 6/9		Wednesday 6/10		Thursday 6/11		Friday 6/12	
	Na+		Na+		Na+		Na+		Na+
Unstuffed Pepper Bowl	276	Shrimp Tacos, Cheese	536	Hamburger	230	Chicken Anna Maria	537	Pork, Mustard Wine Sauce	248
Beef & White Rice	25	Cilantro Lime Rice	67	Roasted Potatoes	85	Mashed Potatoes	23	Butternut Squash	12
Kale & Corn	11	Black Beans, Corn & Peppers	61	Green Beans & Red Peppers	21	Carrots	56	Green Peas	20
Wheat Bread	65	Tortilla Wrap	136	Wheat Hamburger Bun	75	Hawaiian Roll	80	Wheat Roll	150
Chocolate Pudding	135	Orange	0	Apple	1	Fig Newton	180	Pear	2
<b>Cal:916 Na:647mg</b>	647	<b>Cal:702 Na:935mg</b>	935	<b>Cal:693 Na:632mg</b>	632	<b>Cal:747 Na:1011mg</b>	1011	<b>Cal:762 Na:567mg</b>	567

## 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 Traditional Menu-June 2026

Monday 6/15		Tuesday 6/16		Wednesday 6/17		Thursday 6/18		Friday 6/19			
	Na+		Na+	Holiday Meal	Na+	Father's Day Special	Na+				
Meatloaf Gravy	545	Salmon Dill Sauce	160	Homemade Crispy Chicken	186	Sausage, Abruzzi Sauce	649				
Garlic Mashed Potatoes	23	White Rice	25	Black Eyed Peas	140	Bowtie Pasta	4				
Carrots	56	Green Beans & Red Peppers	21	Collards & Corn	40	California Blend Vegetables	34				
Whole Grain Cornbread	180	Wheat Bread	65	Cornbread Loaf	180	Wheat Roll	150				
Orange	0	Vanilla Pudding	130	Pound Cake w/ Berries	241	Cinnamon Apples	2				
<b>Cal:766 Na:939mg</b>		939	<b>Cal:914 Na:541mg</b>		536	<b>Cal:1052 Na:922mg</b>		922	<b>Cal:690 Na:974mg</b>		974

Monday 6/22		Tuesday 6/23		Wednesday 6/24		Thursday 6/25		Friday 6/26			
	Na+		Na+		Na+		Na+		Na+		
Tomato Bruschetta Chicken	333	Lemon Ricotta Parmesan Chicken	332	Herb Crusted White Fish		Hot Dog (beef)	540	Creamy Turkey & Spinach Casserole	375		
Mashed Potatoes	23	Cheese Ravioli	200	Lemon Wedge	346	Baked Beans	140	w/ Orzo	4		
Green Peas w/ Red Peppers	72	California Blend Vegetables	34	Rice Pilaf	50	Carrots	56	Broccoli	38		
Wheat Roll	65	Wheat Bread	65	Mixed Root Vegetables	65	Whole Wheat Hot Dog Bun	85	Cornbread Loaf	180		
Pear Fruit Cup	5	Blueberry Bread	250	Wheat Roll	150	Orange	1	Vanilla Pudding	130		
				Banana	1						
<b>Cal:673 Na:633mg</b>		633	<b>Cal:963 Na:1016mg</b>		1016	<b>Cal:795 Na:747mg</b>		747	<b>Cal:870 Na:1039mg</b>		1039
<b>Cal:860 Na:862mg</b>									862		

Monday 6/29		Tuesday 6/30		<b>Happy July 4th!</b>  <b>-Friday, July 3, 2026: Ethos is closed for the Independence Day Holiday. Frozen meals will be delivered week of June 29,2026.</b>  <b>-To cancel a meal, please call 617-477-6606 at least 24 hours in advance to prevent food waste.</b>			
	Na+		Na+				
Beef Teriyaki	458	Whole Grain Cheese Lasagna	390				
Lo Mein Noodles	125	Marinara & Parmesan	420				
Corn, Peppers	21	Brussel Sprouts	26				
Wheat Roll	150	Wheat Bread	65				
Lemon Square	90	Cinnamon Apples	3				
<b>Cal:929 Na:979mg</b>		979	<b>Cal:688 Na:1039mg</b>		1039		

### 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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