

# Ethos HDM Vegetarian 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 Tofu w/Cranberry Apple Chutney Mashed Potatoes Carrots Wheat Bread Pear	Cheese Tortellini Lentil Bolognese Brussel Sprouts Wheat Roll Shortbread Cookie	BBQ Chickpeas Roasted Potatoes Broccoli Whole Grain Cornbread Banana	Veggie Sausage, Vegetables Polenta Spinach, Peppers Dinner Roll Vanilla Pudding	Veggie Fritters, Herb Aioli Sweet Potato Wedges California Blend Vegetables Hawaiian Roll Fruit Cup
26 23 56 65 1	175 143 26 150 150	467 85 38 180 1	467 15 65 100 130	430 150 34 80 5
<b>Cal:690 Na:306mg</b>	<b>Cal:739 Na:779mg</b>	<b>Cal:687 Na:906mg</b>	<b>Cal:682 Na:912mg</b>	<b>Cal:736 Na:834mg</b>
Monday 6/8	Tuesday 6/9	Wednesday 6/10	Thursday 6/11	Friday 6/12
Na+	Na+	Na+	Na+	Na+
Unstuffed Pepper Bowl Lentils & Rice Kale & Corn Wheat Bread Chocolate Pudding	Refried Bean & Cheese Tacos Cilantro Lime Rice Black Beans, Corn & Peppers Tortilla Wrap Orange	Veggie Burger w/ Cheese Roasted Potatoes Green Beans & Red Peppers Wheat Hamburger Bun Apple	Chik'n Anna Maria Mashed Potatoes Carrots Hawaiian Roll Fig Newton	Tofu w/ Mustard Wine Sauce Butternut Squash Green Peas Wheat Roll Pear
197 25 11 65 135	566 67 61 136 0	495 85 21 75 1	527 23 56 80 180	212 12 20 150 2
<b>Cal:795 Na:568mg</b>	<b>Cal:698 Na:965mg</b>	<b>Cal:784 Na:897mg</b>	<b>Cal:851 Na:1001mg</b>	<b>Cal:705 Na:531mg</b>


## 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 Vegetarian Menu-June 2026

Monday 6/15	Tuesday 6/16	Wednesday 6/17	Thursday 6/18	Friday 6/19				
	<b>Na+</b>	<b>Na+</b>	<b>Holiday Meal</b>	<b>Na+</b>				
Vegetarian Meatloaf & Gravy Garlic Mashed Potatoes Carrots Whole Grain Cornbread Orange	493 23 56 180 0	White Beans w/ Dill Sauce White Rice Green Beans & Red Peppers Wheat Bread Vanilla Pudding	465 25 21 65 130	Chik'n Cutlet Black Eyed Peas Collards & Corn Cornbread Loaf Pound Cake w/ Berries	360 140 40 180 241	Vegetarian Sausage Abruzzi Bowtie Pasta California Blend Vegetables Wheat Roll Cinnamon Apples	632 4 34 150 2	
<b>Cal:695 Na:887mg</b>		<b>Cal:852 Na:841mg</b>		<b>Cal:949 Na:1096mg</b>		<b>Cal:692 Na:957mg</b>		<b>Ethos is closed. Frozen meals delivered week of 6/15/26</b>

Monday 6/22	Tuesday 6/23	Wednesday 6/24	Thursday 6/25	Friday 6/26				
	<b>Na+</b>	<b>Na+</b>	<b>Na+</b>	<b>Na+</b>				
Tomato Bruschetta Chik'n Mashed Potatoes Green Peas w/ Red Peppers Wheat Roll Pear Fruit Cup	363 23 72 65 5	Lemon Ricotta White Beans Cheese Ravioli California Blend Vegetables Wheat Bread Blueberry Bread	171 200 34 65 250	Veggie Fritters Rice Pilaf Mixed Root Vegetables Wheat Roll Banana	330 50 65 150 1	Veggie Burger w/ Cheese Baked Beans Carrots Wheat Hamburger Bun Orange	495 140 56 75 1	
<b>Cal:793 Na:663mg</b>		<b>Cal:890 Na:855mg</b>		<b>Cal:706 Na:731mg</b>		<b>Cal:840 Na:984mg</b>		<b>Cal:880 Na:1282mg</b>

Monday 6/29	Tuesday 6/30					
	<b>Na+</b>	<b>Na+</b>	<b>Happy July 4th!</b>			
Teriyaki Tofu Lo Mein Noodles Corn w/ Peppers Wheat Roll Lemon Square	437 125 21 150 90	Whole Grain Cheese Lasagna Marinara & Parmesan Brussel Sprouts Wheat Bread Cinnamon Apples	390 420 26 65 3			
<b>Cal:790 Na:958mg</b>		<b>Cal:688 Na:1039mg</b>	<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>			

### 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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