

Ethos Allergen Aware HDM Menu-August 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=85 mg sodium. Menus are subject to change. Note: An asterisk indicates a high sodium item of >500mg.

To cancel a meal, please call 617-477-6606 at least 24 hours in advance.

All HDM Drivers are required to see someone at delivery. No meals will be left without seeing someone at delivery.

Monday 8/3		Tuesday 8/4		Wednesday 8/5		Thursday 8/6		Friday 8/7	
Honey Mustard Chicken Gluten Free Pasta Brussel Sprouts Fruit		Sweet & Sour Chicken Whole Grain Brown Rice Corn w/ Peppers Fruit		Homemade Turkey Meatballs w/ Marinara Gluten Free Pasta Broccoli Fruit		Gluten Free Crispy Chicken Quinoa Plantains Fruit		Gluten Free Pizza w/ BBQ Chicken & Dairy-Free Cheese Carrots Fruit	
Monday 8/10		Tuesday 8/11		Wednesday 8/12		Thursday 8/13		Friday 8/14	
Dairy Free Chicken Alfredo Gluten Free Pasta Broccoli Fruit		Chicken & Dairy-Free Cheese Quesadilla w/ Corn Tortilla Black Beans Fruit		Chicken Taco Quinoa Corn & Peppers Fruit		Turkey Bolognese Gluten Free Pasta Broccoli Fruit		Sweet & Sour Turkey Meatballs Brown Rice Zucchini Squash Fruit	

ANNOUNCEMENTS

Ethos Nutrition Annual Survey: Last month, you should have received our annual meals survey from your Home Delivered Meals Driver. To all who participated in the Ethos annual meals survey - thank you! Your input is greatly appreciated.



Seniors Farmer's Market: This month, you will receive another bag of local produce delivered to you via your HDM driver. They will ask you to sign a Receipt of Produce Form.

Free Medicare Insurance Counseling: For assistance with Medicare Part D, Medicaid-MassHealth, SNAP benefits, and more, please contact Ethos Benefits Enrollment Center & SHINE at 617-477-6970.

Labor Day: Ethos will be closed on Monday, September 7, 2026, for the Labor Day Holiday.

Nutrition Trivia: True or False: The sugar in milk is called sucrose.

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

Ethos Allergen Aware HDM Menu-August 2026

Monday 8/17		Tuesday 8/18		Wednesday 8/19		Thursday 8/20		Friday 8/21	
BBQ Chicken Brown Rice Broccoli Fruit		American Chop Suey (Turkey) Gluten Free Pasta Carrots Fruit		Chicken Fajitas w/ Peppers, Onions & Dairy-Free Cheese Corn Tortilla Corn Fruit		Caribbean Chicken w/ Peppers Whole Grain Grits Black Beans Fruit		Pulled Honey Jerk Chicken Gluten Free Bun Brussel Sprouts Fruit	
Monday 8/24		Tuesday 8/25		Wednesday 8/26		Thursday 8/27		Friday 8/28	
Gluten Free Pizza w/ Dairy-Free Cheese & BBQ Chicken Broccoli Fruit		Gluten Free Crispy Chicken Gluten Free Bun Sweet Potatoes Fruit		Falafel Bites Brown Rice Zucchini Squash Fruit		Sweet Potato & Black Bean Nachos & Dairy-Free Cheese Corn Tortilla Fruit		Turkey Bolognese Gluten Free Pasta Carrots Fruit	
Monday 8/31		Summer 2026 Events: -There are multiple events held at Ethos Cafes during the summer. Please see our website at https://www.ethocare.org/events/ or call 617-477-6688. EBT Card: -The Department of Transitional Assistance (DTA) is implementing chip/tap EBT cards to help protect benefits. The new cards will be automatically mailed to active and certain closed cases. The replacement cards should arrive between July and September, and individuals will receive a notice/text about their card close to when it will be delivered.							
Honey Mustard Chicken Gluten Free Pasta Brussel Sprouts									

Don't Forget Your Fruits and Veggies! - From the Desk of the Community Dietitian at Ethos

Summer is fantastic when it comes to local produce. All across Massachusetts, farmers and mobile markets are delivering home-grown produce like salad fixings, snap peas, blueberries, watermelon -- and more! Eating local when possible is not only good for overall health, but also for the community and economy. Here are some healthy recipes that taste like summer:

- Fruit-Infused Water: Add 1-2 clean pieces of fruit and a sprig of mint in a glass. Top with iced water.
- Open-Faced Sandwich: Pick a protein (cooked chicken, hummus, tuna) and layer with lettuce and avocado on wheat bread.
- Caprese Salad: Slice mozzarella cheese and fresh tomato. Toss with basil, balsamic vinegar and oil.



Trivia Answer:

False. The sugar in milk is called lactose. Milk is also a great source of calcium, vitamin D, phosphorus, and other vitamins/minerals.

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