

Ethos Traditional 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	
	Na+		Na+		Na+		Na+		Na+
Herb Roasted Chicken Thigh w/ Gravy	101	Beefy Mac & Cheese Tortellini	480	Swedish Turkey Meatballs	495	Braised Beef & Vegetables	161	Potato Pollock	330
Mashed Potatoes	23	Cheese Tortellini	155	Roasted Potatoes	85	Rice Pilaf	49	Sweet Potato Wedges	150
Carrots	56	Brussel Sprouts	26	Broccoli	38	Spinach w/ Peppers	65	California Blend Vegetables	34
Wheat Bread	65	Wheat Roll	150	Whole Grain Cornbread	180	Dinner Roll	100	Hawaiian Roll	80
Shortbread Cookie	150	Pear	2	Banana	1	Vanilla Pudding	130	Fruit Cup	5
Cal:714 Na:530mg	530	Cal:907 Na:948mg	948	Cal:775 Na:934mg	934	Cal:846 Na:640mg	640	Cal:706 Na:734mg	734
Monday 8/10		Tuesday 8/11		Wednesday 8/12		Thursday 8/13		Friday 8/14	
	Na+		Na+	Summer Special	Na+		Na+		Na+
Unstuffed Pepper Bowl	276	Shrimp Tacos w/ Cheese	537	Cheeseburger	368	Chicken Anna Maria (Thigh)	338	Sausage w/ Abruzzi Sauce	650
w/ Beef & White Rice	25	Cilantro Lime Rice	67	Sweet Potato Tater Tots	213	Mashed Potatoes	23	Bowtie Pasta	4
Carrots	56	Beans	61	Green Beans & Red Peppers	21	Mixed Vegetables	51	Tuscan Vegetable Blend	26
Wheat Bread	65	Tortilla Wrap	135	Wheat Hamburger Bun	75	Dinner Roll	100	Wheat Roll	150
Applesauce	2	Orange	0	Pound Cake w/ Blueberries	240	Mandarin Fruit Cup	5	Oatmeal Cookie	90
				Ketchup	85				
Cal:863 Na:559mg	559	Cal:700 Na:935mg	935	Cal:948 Na:1137mg	1137	Cal:702 Na:652mg	652	Cal:727 Na:1055mg	1055

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

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Monday 8/17		Tuesday 8/18		Wednesday 8/19		Thursday 8/20		Friday 8/21	
	Na+		Na+		Na+		Na+		Na+
Meatloaf w/ Gravy	545	Chicken Carbonara w/ Ham	630	Pork w/ Mustard Wine Sauce	248	Chicken & Vegetable Stir Fry	307	Salmon w/ Dill Sauce	160
Garlic Mashed Potatoes	23	Whole Grain Pasta	4	Butternut Squash	12	White Rice	25	Roasted Potatoes	85
Green Beans & Red Peppers	21	Broccoli	38	Green Peas	20	Beets & Greens	117	Mixed Root Vegetables	65
Whole Grain Cornbread	180	Dinner Roll	100	Wheat Roll	150	Cornbread Loaf	180	Wheat Bread	65
Vanilla Pudding	130	Pears	0	Banana	1	Chocolate Chip Cookie	80	Mandarin Fruit Cup	5
Cal:810 Na:1034mg	1034	Cal:700 Na:907mg	907	Cal:766 Na:566mg	566	Cal:871 Na:844mg	844	Cal:770 Na:515mg	515
Monday 8/24		Tuesday 8/25		Wednesday 8/26		Thursday 8/27		Friday 8/28	
	Na+		Na+		Na+		Na+		Na+
French Onion Chicken	420	Sloppy Joe (Beef & Turkey)	112	Herb Crusted White Fish		Turkey, Cheese & Ham Egg Cassrole	435	Lemon Ricotta Parmesan Chicken	332
Mashed Potatoes	23	Pinto Baked Beans	140	w/ Lemon Wedge	346	Roasted Potatoes	85	Cheese Ravioli	200
Green Peas	20	California Blend Vegetables	34	Orzo	4	Broccoli	38	Mixed Root Vegetables	65
Dinner Roll	100	Wheat Hamburger Bun	75	Carrots	56	Snack Loaf	90	Wheat Bread	65
Chocolate Pudding	135	Orange	1	Wheat Roll	150	Banana	1	Applesauce	2
				Lemon Square	90				
Cal:766 Na:833mg	833	Cal:793 Na:497mg	497	Cal:757 Na:781mg	781	Cal:786 Na:784mg	784	Cal:787 Na:799mg	799
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.							
	Na+								
Beef Teriyaki Bowl w/ Scallions	290								
Lo Mein Noodles	125								
Corn w/ Peppers	21								
Wheat Roll	150								
Peach Cup	5								
Cal:758 Na:726mg	726								

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.

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