

Ethos Vegetarian 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.

You must RSVP to reserve a meal. Please see your site coordinator or call 617-477-6688 at least 24 hours in advance.

You must RSVP to attend. Please see your Site Coordinator or call 617-477-6688. A suggested donation of \$2.00 is requested.

Monday 8/3		Tuesday 8/4		Wednesday 8/5		Thursday 8/6		Friday 8/7	
	Na+		Na+		Na+	High Sodium Meal	Na+		Na+
Chik'n w/ Gravy	513	Mac & Cheese (entrée)	775	Swedish Veggie Meatballs	550	Braised Veggie Sausage w/ Gravy	467	Veggie Fritters	524
Mashed Potatoes	23	Garden Salad w/ Ranch	115	Roasted Potatoes	85	Polenta	15	Sweet Potato Wedges	150
Carrots	56	Wheat Roll	150	Broccoli	38	Caesar Salad	385	California Blend Vegetables	34
Wheat Bread	65	Pear	2	Whole Grain Cornbread	180	Dinner Roll	100	Hawaiian Roll	80
Shortbread Cookie	150	Margarine	30	Banana	1	Vanilla Pudding	130	Fruit Cup	5
Cal:805 Na:942mg		Cal:1037 Na:1177mg		Cal:863 Na:989mg		Cal:893 Na:1232mg		Cal:840 Na:928mg	
Monday 8/10		Tuesday 8/11		Wednesday 8/12		Thursday 8/13		Friday 8/14	
	Na+		Na+	Summer Special - High Sodium Meal	Na+		Na+		Na+
Unstuffed Pepper Bowl	198	Refried Bean & Cheese Tacos	566	Veggie Burger w/ Cheese	495	Chik'n Anna Maria	527	Vegetarian Sausage Abruzzi	632
w/ Lentils & White Rice	25	Cilantro Lime Rice	67	Sweet Potato Tater Tots	213	Mashed Potatoes	23	Bowtie Pasta	4
Carrots	56	Garden Salad w/ Italian	285	Green Beans & Red Peppers	21	Spinach Salad w/ Honey Mustard	235	Kale & Corn	34
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:742 Na:481mg		Cal:702 Na:1188mg		Cal:952 Na:1264mg		Cal:760 Na:1025mg		Cal:690 Na:1045mg	

ANNOUNCEMENTS

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

Senior Farmer's Market Coupons: Please use your Senior Farmer's Market Coupons. They expire October 31, 2026.

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' Cafes 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 @ 617-477-6688

Ethos Vegetarian Menu-August 2026

Monday 8/17		Tuesday 8/18		Wednesday 8/19		Thursday 8/20		Friday 8/21	
	Na+		Na+		Na+		Na+		Na+
Vegetarian Meatloaf w/ Gravy	493	Vegetarian Carbonara	467	Veggie Sausage in	610	Tofu & Vegetable Stir Fry	250	White Beans in Dill Sauce	465
Garlic Mashed Potatoes	23	Whole Grain Pasta	4	Mustard Wine Sauce		White Rice	25	Roasted Potatoes	85
Green Beans & Red Peppers	21	Garden Salad w/ Ranch	115	Butternut Squash	12	Caprese Salad w/ Balsamic	373	Carrots	56
Whole Grain Cornbread	180	Dinner Roll	100	Green Peas	20	Cornbread Loaf	180	Wheat Bread	65
Vanilla Pudding	130	Pears	0	Wheat Roll	150	Chocolate Chip Cookie	80	Mandarin Fruit Cup	5
		Banana	1						
Cal:740 Na:982mg		Cal:751 Na:821mg		Cal:731 Na:928mg		Cal:867 Na:1043mg		Cal:697 Na:811mg	
Monday 8/24		Tuesday 8/25		Wednesday 8/26		Thursday 8/27		Friday 8/28	
	Na+		Na+		Na+		Na+		Na+
French Onion Chik'n	680	Vegetarian Sloppy Joe	40	Veggie Fritters w/ Lemon Wedge	330	Egg, Cheese & Broccoli Casserole	656	Lemon Ricotta Parmesan Beans	396
Mashed Potatoes	23	(Lentils)		Orzo	4	Garden Salad w/ Ranch	115	Cheese Ravioli	200
Green Peas w/ Red Peppers	72	Baked Beans	140	Carrots	56	Snack Loaf	90	Mixed Root Vegetables	65
Wheat Roll	150	Spinach Salad w/	235	Wheat Roll	150	Banana	1	Wheat Bread	65
Chocolate Pudding	135	Honey Mustard		Lemon Square	90	Margarine	30	Applesauce	2
		Wheat Hamburger Bun	75						
		Orange	1						
Cal:740 Na:982mg		Cal:751 Na:821mg		Cal:731 Na:928mg		Cal:867 Na:1043mg		Cal:697 Na:811mg	
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+								
Teriyaki Tofu Bowl w/ Scallion	437								
Lo Mein Noodles	125								
Corn w/ Peppers	21								
Wheat Roll	150								
Peach Cup	5								
Cal:700 Na:873mg									

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

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