

Ethos Traditional HDM Menu - October 2026	
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A suggested donation of \$2.00 is requested. Total calories and sodium, including low fat 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. If a day is labeled as **High Sodium**, there is >1200mg in the entire meal.

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.

Daylight Savings: A friendly reminder that clocks fall back on Sunday, November 1, 2026 for daylight savings.

Food Waste: Ethos kindly asks that if you know you will not be home for your meal on a certain day, please contact Ethos at 617-477-6606 at least 24 hours in advance. Same day cancellations contribute to more food waste, and Ethos is looking to minimize the amount of meals that end up in our landfills rather than with our community members. If you must cancel the same day, we ask that you do so by 9am. Thank you for supporting our efforts to reduce food waste!

Thursday 10/1		Friday 10/2	
	Na+		Na+
Braised Beef & Vegetables	161	Swedish Turkey Meatballs	480
Rice Pilaf	49	Roasted Potatoes	85
Spinach w/ Peppers	65	Broccoli	38
Dinner Roll	100	Whole Grain Cornbread	180
Vanilla Pudding	130	Banana	1
Cal:846 Na:640mg	640	Cal:783 C Na:919mg	919

Monday 10/5		Tuesday 10/6		Wednesday 10/7		Thursday 10/8		Friday 10/9	
	Na+		Na+		Na+	Holiday Meal	Na+		Na+
Chicken Pot Pie	213	Shrimp Tacos w/ Cheese*	537	Roast Turkey & Gravy*	580	Chicken with Sage Cream Sauce	408	Pork with Apple Cranberry Chutney	85
w/ Buttermilk Biscuit	370	Cilantro Lime Rice	67	Mashed Potatoes	23	Butternut Squash Ravioli	166	Mashed Sweet Potatoes	20
Green Beans & Peppers	21	Black Beans, Corn & Peppers	61	Carrots	56	Broccoli	38	Vegetable Medley	54
Applesauce	2	Tortilla Wrap	135	Cornbread Loaf	180	Wheat Roll	150	Wheat Roll	150
		Orange	0	Shortbread Cookie	150	Apple Crisp	50	Mandarin Fruit Cup	5
Cal:769 CHO:76g Na:741mg	741	Cal:700 Na:935mg	935	Cal:726 Na:1124mg	1124	Cal:898 Na:947mg	947	Cal:798 Na:449mg	449

Announcements!

- 1. Remember Voting Dates & Deadlines!** Voter registration deadline for the General State Election is Saturday, October 24, 2026. For more information, call 311 or visit www.boston.gov/election.
- 2. Storm Packages:** In the Month of November 2026, everyone will receive a storm package containing 2 shelf-stable emergency meals to be used in the event of a snow emergency this winter.
- 3. Free Healthy Rides for Boston's Older Adults:** Age Strong in partnership with Lyft and other organizations are offering free rides to medical appointments, pharmacies, community centers, social activities, support groups, and other wellness services. To book a ride, call 617-635-3000 and say "Healthy Ride". To learn more, visit www.boston.gov/healthy-rides
- 4. Water and Sewage Discounts for Older Adults:** Homeowners who are age 65+ or fully-disabled who live in a 1-4 family residential dwelling are eligible for a discount on their monthly water, sewer, and stormwater charges. Call 617-635-4366 for more information.
- 5. Nutrition Trivia:** Which vitamin is known to help maintain healthy eyesight?

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

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[illegible]

			Na+		Na+		Na+		Na+
French Onion Chicken	420	Beefy Mac & Cheese Tortellini		Maple Bacon Glazed Chicken	162	Omelet w/ Cheddar Cheese	336	White Fish Florentine	267
Mashed Potatoes	23	Cheese Tortellini	636	Mashed Butternut Squash	12	Roasted Potatoes		Rice Pilaf	49
California Blend Vegetables	34	Green Peas	20	Mixed Vegetables	51	W. Onions & Peppers	61	Brussel Sprouts	26
Dinner Roll	100	Wheat Roll	150	Dinner Roll	100	Spinach	110	Wheat Bread	65
Chocolate Pudding	135	Orange	0	Mandarin Fruit Cup	5	Whole Grain Muffin	190	Oatmeal Cookie	90
						Banana	1		
Cal:715 Na:847mg	847	Cal:924 Na:941mg	941	Cal:792 Na:465mg	465	Cal:769 Na:918mg	918	Cal:702 Na:632mg	632

			Na+		Na+		Na+		Na+
Sausage w/ Abruzzi Sauce*	650	Herb Roasted Chicken		Shrimp Alfredo*	655	Southwest Beef & Black Bean Chili	366	Chicken Carbonara w/ Ham*	633
Egg Noodles	7	Thigh w/ Gravy	101	Whole Grain Pasta	4	w/ Shredded Cheese	96	Whole Grain Pasta	4
Tuscan Vegetable Blend	26	Mashed Potatoes	23	Broccoli	38	Green Peas	20	California Blend Vegetables	34
Cornbread Loaf	180	Carrots	56	Dinner Roll	100	Whole Grain Cornbread Bowl	160	Dinner Roll	100
Peach Cup	5	Wheat Roll	150	Pound Cake w/ Blueberries	240	Pear Fruit Cup	0	Banana	1
		Pumpkin Bread	250						
Cal:798 Na:1003mg	1003	Cal:784 Na:715mg	715	Cal:759 Na:1172mg	1172	Cal:868 Na:777mg	777	Cal:722 Na:907mg	907



The Science Behind Soup! - *From the Desk of the Community Dietitian at Ethos*

We are entering the fall season! You'll see more food options that contain pumpkin, winter squash, carrots, and yams. These items contain Vitamin A and pigments that benefit your vision, immune system, and skin health. They also have antioxidative properties which helps protect our cells. Enjoy some fall produce if you can this season!

Trivia Answer:

Vitamin A is known to help maintain healthy eyesight. Some food sources are carrots, sweet potatoes, red peppers, and mangos.

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