

Ethos Vegetarian HDM Menu - October 2026



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!

Daylight Savings: A friendly reminder that clocks fall back on Sunday, November 1, 2026 for daylight savings.	Thursday 10/1		Friday 10/2								
		Na+		Na+							
	Stewed Black Beans	257	Swedish Veggie Meatballs	476							
	Rice Pilaf	49	Roasted Potatoes	85							
	Spinach w/ Peppers	65	Broccoli	38							
	Dinner Roll	100	Whole Grain Cornbread	180							
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	Cal:715 Na:736mg		736	Cal:783 Na:915mg		915					
	Monday 10/5		Tuesday 10/6		Wednesday 10/7		Thursday 10/8		Friday 10/9		
		Na+		Na+		Na+	Holiday Meal		Na+		Na+
	Vegetarian Pot Pie	365	Refried Bean & Cheese Tacos*	566	Roast Tofu & Gravy	175	White Beans & Sage Sauce	472	Chik'n w/ Apple Cranberry Chutney	364	
	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	40	Mandarin Fruit Cup	5		
Cal:765 Na:893mg	893	Cal:699 Na:964mg	964	Cal:759 Na:719mg	719	Cal:873 Na:1001mg	1001	Cal:763 Na:728mg	728		

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?

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

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Monday 10/12		Tuesday 10/13		Wednesday 10/14		Thursday 10/15		Friday 10/16		
WE ARE CLOSED INDIGENOUS PEOPLES' DAY/COLUMBUS DAY  Ethos Closed. Frozen Meals Delivered			Na+		Na+		Na+		Na+	
		Tofu & Vegetable Stir Fry	250	Vegetarian Meatloaf & Gravy	493	Veggie Fritters w/ Herb Aioli*	524	Vegetarian Stroganoff*	525	
		White Rice	25	Garlic Mashed Potatoes	23	Roasted Potatoes	85	Egg Noodles	7	
		Stir Fry Vegetables	28	Kale & Peppers	29	Kale & Peppers	29	Broccoli	38	
		Wheat Roll	150	Wheat Bread	65	Wheat Bread	65	Whole Grain Cornbread	180	
	Chocolate Chip Cookie	80	Banana	1	Mandarin Fruit Cup	5	Vanilla Pudding	130		
Week of 10/5/26			Cal:705 Na:668mg	668	Cal:683 Na:746mg	746	Cal:784 Na:843mg	843	Cal:779 Na:1015mg	1015
Monday 10/19		Tuesday 10/20		Wednesday 10/21		Thursday 10/22		Friday 10/23		
			Na+		Na+		Na+		Na+	
French Onion Chik'n*	680	Mac & Cheese Tortellini*	775	Maple Glazed Chik'n	386	Omelet w/ Cheddar Cheese	336	White Bean Florentine	414	
Mashed Potatoes	23	Green Peas	20	Mashed Butternut Squash	12	Roasted Potatoes		Rice Pilaf	49	
California Blend Vegetables	34	Wheat Roll	150	Mixed Vegetables	51	w. Onions & Peppers	61	Brussel Sprouts	26	
Dinner Roll	100	Orange	0	Dinner Roll	100	Spinach	110	Wheat Bread	65	
Chocolate Pudding	135			Mandarin Fruit Cup	5	Whole Grain Muffin	190	Oatmeal Cookie	90	
						Banana	1			
						Ketchup	85			
Cal:845 Na:1107mg		1107	Cal:1027 Na:1080mg	1080	Cal:812 Na:689mg	689	Cal:769 Na:918mg	918	Cal:743 Na:779mg	779
Monday 10/26		Tuesday 10/27		Wednesday 10/28		Thursday 10/29		Friday 10/30		
			Na+		Na+		Na+		Na+	
Vegetarian Tofu Abruzzi	267	Herb Roasted Chik'n w/ Gravy	462	White Bean Alfredo*	554	Southwest Black Bean Chili	497	Vegetarian Carbonara	463	
Egg Noodles	7	Mashed Potatoes	23	Whole Grain Pasta	4	w/ Shredded Cheese	96	Whole Grain Pasta	4	
Tuscan Vegetable Blend	26	Carrots	56	Broccoli	38	Green Peas	20	California Blend Vegetables	34	
Cornbread Loaf	180	Wheat Roll	150	Dinner Roll	100	Whole Grain Cornbread Bowl	160	Dinner Roll	100	
Peach Cup	5	Pumpkin Bread	250	Pound Cake w/ Blueberries	240	Pear Fruit Cup	1	Banana	0	
Cal:698 Na:620mg		620	Cal:864 Na:1076mg	1076	Cal:780 Na:1071mg	1071	Cal:792 Na:909mg	909	Cal:720 Na:736mg	736



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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