

Ethos HDM Menu - October 2026

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+	New Recipe	Na+	New Recipe	Na+		Na+
		Broccoli & Cheese		Stuffed Shells w/	340	Pollock w/		*Maple Mustard Beef Brisket	619
		Stuffed Chicken	410	Pumpkin Sage Cream Sc	114	Apple Cider & Thyme Sauce	214	Parmesan Orzo & Red Beans	212
		White Rice & Black Beans	81	Green Beans w/ Kidney Beans	40	Roasted Root Vegetables	38	Butternut Squash	3
		Carrots	55	Garlic Knot	219	Spinach w/ Pinto Beans	116	Whole Grain Breadstick	170
		Wheat Dinner Roll	169	Orange	4	Cornbread Loaf	179	Applesauce	15
		Peach Cup	0			Pumpkin Spice Cake w/ Whip	259		
Week of 10/5/26		Cal: 721 Na: 874mg		Cal: 733 Na: 878mg		Cal: 738 Na: 961		Cal: 906 Na: 1074mg	
Monday 10/19		Tuesday 10/20		Wednesday 10/21		Thursday 10/22		Friday 10/23	
		New Recipe	Na+		Na+	New Recipe	Na+	New Recipe- HIGH SODIUM	Na+
Grilled Chicken	324	Pumpkin Bolognese w/		Turkey Medallions	85	*Chicken Parmesan Pasta Casserole		Pork Loin	248
w/ Rosemary Artichoke Sauce	91	Spaghetti	188	w/ Mushroom Thyme Sauce	261	w/ Panko Topping & Tomato Sauce	497	*w/ Blueberry Red Wine Sauce	623
Black Bean, White, and Wild Rice	228	Asparagus w/ Black Beans	39	Pinto Bean Couscous	25	Italian Blend Vegetables	37	Sweet Potatoes	42
Broccoli w/ Kidney Beans	58	Garlic Knot	219	California Blend Vegetables	27	Wheat Roll	169	Brussels Sprouts	14
Whole Grain Ciabatta	240	Applesauce	15	Cornbread Loaf	179	Sugar Free Vanilla Pudding Cup	130	Whole Grain Breadstick	65
Pear	2			Mixed Fruit Cup	10			Sugar Free Cookie	70
Cal: 802 Na: 1103mg		Cal: 767 Na: 688mg		Cal: 748 Na: 747mg		Cal: 717 Na: 994mg		Cal: 746 Na: 1326mg	
Monday 10/26		Tuesday 10/27		Wednesday 10/28		Thursday 10/29		Friday 10/30	
New Recipe		New Recipe	Na+		Na+		Na+	New Recipe	Na+
Country Fried Chicken	420	Pollock	180	Chicken Brunswick Stew	318	Meatloaf (Beef) w/ Gravy	237	*Cranberry Orange Glaze Turkey Meatballs	707
Mashed Potatoes	60	w/ Apple Blueberry Herb Sauce	5	Brown Rice w/ Kidney Beans	56	Red Roasted Potatoes	38	Pumpkin & Raisin Risotto	238
Corn Cobette	4	Scalloped Potatoes	47	Honey Glazed Carrots	56	Green Peas w/ Pinto Beans	98	Roasted Root Vegetables	65
Whole Grain Breadstick	65	Monte Carlo Vegetables w/ Beans	49	Wheat Dinner Roll	169	Biscuit	267	Boo Berries w/ Whipped Topping	1
Applesauce	15	Wheat Bread	170	Cinnamon Goldfish	140	Orange	4		
		Strawberry Fig Bar	35						
Cal: 676 Na: 723mg		Cal: 750 Na: 647mg		Cal: 686 Na: 899mg		Cal: 795 Na: 804mg		Cal: 870 Na: 1171mg	



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.

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