



HDM Menu- February 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<p>To cancel a meal please call (617) 522-6700 ext. 306 by 9am the previous day. A suggested donation of \$2.00 is requested. Each meal includes low fat milk and bread.</p> <p>Calories for the total meal (including milk and margarine) are listed for each day. Milligrams of sodium are listed for each ITEM. Any item with more than 500mg is considered a higher sodium item and is identified with an (*) asterisk.</p> <p>Milk= 125mg sodium. Margarine= 35 mg sodium.</p> <p>Menu subject to change.</p> <p>Thank you</p>				<p>We are delivering using a no contact procedure. The driver will knock on your door or ring the door bell when they arrive at your home. Please verbally acknowledge the driver, who will then leave the meal on your door handle. A meal will not be left if there is no verbal response.</p>
1	2	3	4	5
Country Fried Chicken with Low Sodium Gravy (524)* Sweet Potato Wedges (267) Asparagus (3) Breadstick (130) Fresh Pear (2) 1% Milk (125) Margarine (35) Cal: 773 Sodium: 1086 mg	Beef and Lentil Chili (338) over Baked Potato Half (144) Winter Blend Vegetables (11) Wheat Dinner Roll (338) Fresh Apple (1) 1% Milk (125) Margarine (35) Cal: 759 Sodium: 979mg	Grilled Chicken with Peppers & Onions in Mild Fajita Sauce (552)* over Spanish Rice (10) Brussels Sprouts (14) Wheat Bread (170) Blueberry Yogurt Cup (75) 1% Milk (125) Margarine (35) Cal: 782 Sodium: 980 mg	Honey Dijon Pork Loin (179) Lyonnaise Potatoes (264) Broccoli (22) Snack n Loaf Muffin (160) 1% Milk (125) Margarine (35) Cal: 727 Sodium: 785 mg	Salisbury Steak with Low Sodium Gravy (187) Garlic Mashed Potatoes (33) Mixed Vegetables (28) Dinner Roll (300) Raisins (4) 1% Milk (125) Margarine (35) Cal: 760 Sodium: 711 mg
8	9	10	11	12
Mini Cheese Ravioli with Tomato Sauce, Meatball, & Parmesan Cheese (524)* Green Beans (4) Wheat Dinner Roll (338) Fig Bar (35) 1% Milk (125) Margarine (35) Cal: 900 Sodium: 1060 mg	High Sodium Day Hawaiian Grilled Chicken (558)* over Tropical Brown Rice (249) Broccoli (22) Dinner Roll (300) Vanilla Pudding Cup (130) 1% Milk (125) Margarine (35) Cal: 898 Sodium: 1419 mg	Baked Macaroni & Cheese (485) Asparagus (3) Wheat Roll (338) Applesauce Cup (14) 1% Milk (125) Margarine (35) Cal: 730 Sodium: 973 mg	Grilled Italian Sausage with Peppers and Onions (751)* Parsley Potatoes (6) Green Peas (62) Scali Bread (105) Fresh Orange (4) 1% Milk (125) Margarine (35) Cal: 863 Sodium: 1088 mg	Cordon Royale Stuffed Chicken with Cream Sauce (610)* O'Brien Potatoes (25) Carrot Coins (55) Biscuit (267) Strawberry Cup (0) 1% Milk (125) Margarine (35) Cal: 807 Sodium: 1116 mg
<p>Please notify Ethos of any life threatening food allergies @ 617-477-6606</p>				



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15	16	17	18	19
<p>CLOSED</p>	Turkey Brunswick Stew (408) Buttered Brussels Sprouts (14) Biscuit (267) Fruit Crunch Bar (80) 1% Milk (125) Margarine (35) Cal: 786 Sodium: 928 mg	Arroz con Pollack (Spanish Rice & Fish) (657)* Broccoli (22) Wheat Bread (170) Fresh Orange (4) 1% Milk (125) Margarine (35) Cal: 991 Sodium: 1013 mg	BBQ Pork Riblet (410) Mashed Potatoes (48) Italian Blend Vegetables (37) Wheat Dinner Roll (338) Applesauce Cup (14) 1% Milk (125) Margarine (35) Cal: 583 Sodium: 1008 mg	<p>High Sodium Day</p>
22	23	24	25	26
Lemon Pepper Glazed Chicken Drumstick (505)* over Herbed Rice (14) Steamed Broccoli (22) Wheat Dinner Roll (338) Fresh Granny Smith Apple (1) 1% Milk (125) Margarine (35) Cal: 788 Sodium: 1040 mg	Hamburger (200) on Hamburger Bun (320) Ketchup (82) & Mustard (55) Sweet Potato Fries (267) Chuck Wagon Corn (1) Strawberry Cup (0) 1% Milk (125) Margarine (35) Cal: 871 Sodium: 1085 mg	Caprese Chicken with Pasta (179) Winter Blend Vegetables (11) Wheat Dinner Roll (338) Fruit Crunch Bar (80) 1% Milk (125) Margarine (35) Cal: 967 Sodium: 768 mg	Beef Stew (204) over White Rice (16) Asparagus (3) Biscuit (267) Chocolate Pudding Cup (151) 1% Milk (125) Margarine (35) Cal: 869 sodium: 802 mg	Cheese Tortellini with Spinach Cream Sauce (649) * Lima Beans (33) Dinner Roll (300) Fresh Orange (4) 1% Milk (125) Margarine (35) Cal: 902 Sodium: 1147 mg
<p>February is National Heart Month, which is a time we should reflect on the importance of heart health. Here are a few nutrition tips to get started on a heart healthy diet.</p> <ul style="list-style-type: none"> -Limit sodium to less than 2,000 mg per day and less than 12 grams of saturated fats* This might need to limit more if you have certain medical conditions. -Aim to reduce trans fats in your diet- Look for partially hydrogenated oils in the ingredients. -Increase whole grains to help with adding more fiber to your diet. -Include more healthy fats, such as olive oil, nuts, fish, and avocados into your diet. Aim for fish or seafood twice a week. 			<p>In January everyone received a storm package, which includes emergency meals for you to store in the event of a snow emergency this winter, if you did not receive one please call 617-477-6606</p>	
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