

Kosher 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. All nutrition information was provided by City Fresh foods.</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
Broccoli & Farfalle Alfredo Peas & Carrots Rye Bread Fruit	Peach & Balsamic Chicken Herbed Roasted Potatoes Edamame & Peppers Dinner Roll Tropical Fruit Cup	Herbed Baked Fish Lemon Rice Mixed Vegetables Rye Bread Fruit	Chicken Marsala Rice Pilaf Roasted Cauliflower Wheat Bread Apple Slices	Meatloaf w/ Gravy Mashed Potatoes Green Beans Rye Bread Fruit
8	9	10	11	12
Swedish Meatballs Mashed Potatoes Vegetable Medley Rye Bread Apple Sauce	Baked Macaroni & Cheese Roasted Green Beans Dinner Roll Fruit	Turkey w/ Gravy Mashed Potatoes Carrots Rye Bread Apple Slices	Eggplant Parmesan Penne Pasta Yellow Wax Beans Wheat Beans Fruit	Beef Burgundy Roasted Potatoes Steamed Carrots Rye Bread Fruit
15	16	17	18	19
CLOSED	Italian Rosemary Chicken Jasmine Rice Peas & Pearl Onions Dinner Roll Fruit	Parmesan Baked Cod Herbed Orzo Yellow Wax Beans Rye Bread Fruit	Beef Brisket O'Brien Potatoes Butternut Squash Wheat Bread Fruit	Chicken Tetrizzini Mixed Vegetables Rye Bread Fruit
22	23	24	25	26
Meatball Stroganoff Mashed Potatoes Steamed Carrots Rye Bread Fruit	Beef Sew Mixed Vegetables Dinner Roll Fruit	Rotisserie Chicken White Rice Green Peas Rye Bread Fruit	Makaroni Po-Flotski Vegetable Medley Wheat Bread Fruit	Chicken Stew Mashed Potatoes Green Beans Rye Bread Fruit

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