



Traditional 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 style="color: red; text-align: center;">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
Balsamic Chicken (333) Rice Pilaf (29) Kale & Peppers (12) Scali Bread (175) Chocolate Pudding (120) 1% Milk (125) Margarine (35) Cal: 706 Sodium: 824 mg	American Chop Suey (169) Whole Grain Pasta (0) Brussels Sprouts (15) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 751 Sodium: 519 mg	Chicken Pot Pie (135) Buttermilk Biscuit (410) Green Beans with Peppers (0) Scali Bread (175) Fruit (0) 1% Milk (125) Margarine (35) Cal: 848 Sodium: 875 mg	General Tso's Chicken (421) White Rice (25) Carrots (24) Wheat bread (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 780 Sodium: 805 mg	BBQ Philly Steak & Cheese Casserole (523)* Orzo (0) Broccoli (0) Wheat Roll (180) Snack Loaf (150) 1% Milk (125) Margarine (35) Cal: 775 Sodium: 1008
8	9	10	11	12
Shepard's Pie (352) Mashed Potatoes (32) Green Beans with Peppers (0) Wheat Roll (180) Vanilla Pudding (115) 1% Milk (125) Margarine (35) Cal: 738 Sodium: 834 mg	Shrimp in Tomato & Caper Sauce (416) Whole Grain Pasta (0) Broccoli (0) Scali Bread (175) Fruit (0) 1% Milk (125) Margarine (35) Cal: 713 Sodium: 746 mg	Beef Chili (490) Corn Bread Loaf (160) Kale & Corn (12) Fruit (0) 1% Milk (125) Margarine (35) Cal: 911 Sodium: 817 mg	<p style="color: magenta;">Holiday Meal</p> BBQ Chicken (423) Sweet Potatoes (39) Brussels Sprouts (15) Scali Bread (175) Carrot Cake (200) 1% Milk (125) Margarine (35) Cal: 871 Sodium: 1007 mg	Scallops in Maple Bacon Glaze (228) Rice Pilaf (29) Carrots (24) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 788 Sodium: 616 mg

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



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Monday	Tuesday	Wednesday	Thursday	Friday
15	16	17	18	19
<p>CLOSED</p> 	Egg Roll Skillet with Ground Chicken (335) White Rice (25) Kale & Corn (12) Scali Bread (175) Chocolate Pudding (120) 1% Milk (125) Margarine (35) Cal: 789 Sodium: 822 mg	Whole Grain Alaskan Pollack (360) Tarter Sauce (85) Tater Tots (230) Green Beans with Peppers (0) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 720 Sodium: 1010 mg	Honey Garlic Drumsticks (110) Mashed Potatoes (32) Carrots (24) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 695 Sodium: 501 mg	Cheese Ravioli with Wild Mushrooms (431) Tomato Spinach Cream Sauce (153) Broccoli (0) Wheat Roll (180) Double Chocolate Brownie (90) 1% Milk (125) Margarine (35) Cal: 715 Sodium: 1009 mg
22	23	High Sodium Meal	25	High Sodium Meal
Braised Beef with Vegetables (101) Mashed Potatoes (32) Green Beans with Peppers (0) Scali Bread (175) Vanilla Pudding (115) 1% Milk (125) Margarine (35) Cal: 736 Sodium: 578 mg	Country "Fried" Steak with Gravy (465) Egg Noodles (12) Mixed Vegetables (18) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 862 Sodium: 830 mg	Crispy Southern Chicken Sandwich with Pickles (516)* Whole Grain Hamburger Bun (330) Sweet Potato Wedges (267) Brussels Sprouts (15) Fruit (0) 1% Milk (125) Margarine (35) Cal: 895 Sodium: 1283 mg	Salmon Florentine (147) Rice Pilaf (29) Kale with Peppers (12) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 706 Sodium: 523 mg	Cheese Enchiladas with Black Olive Enchilada Sauce (932)* White Rice (25) Black Beans & Corn (70) Fruit (0) 1% Milk (125) Margarine (35) Cal: 1047 Sodium: 1202 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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