Ethos Allergen-Free HDM Menu-December 2022

A suggested donation of $2.00 is requested.
Each meal excludes milk eggs fish shellfish peanuts tree nuts wheat and soy.
Meals estimates at least 500 calories and 500 mg sodium. GF = Gluten-Free
All nutrition information was provided by City Fresh Foods.
To cancel a meal please call (617) 477-6606 by 9AM the previous day.
Menu subject to change.
Thank you.

All HDM Drivers are required to see someone at delivery and ask about clients at least twice week. No meals will be left without seeing someone at delivery.

Holiday Closures Announcement:

On Monday, 12/26/2022, Ethos is closed due to the Christmas holiday. You will receive a frozen holiday meal the week of 12/19.

On Monday, 1/02/2023, Ethos is closed for New Year's Day holiday. You will receive a frozen holiday meal the week of 12/27.

Thursday 12/1	Na+	Friday 12/2	Na+
Homemade Turkey Meatballs w/ Marinara Gluten Free Pasta Carrots Fruit		Gluten Free Crispy Chicken Quinoa Brussel Sprouts Fruit	

Monday 12/5	Na+	Tuesday 12/6	Na+	Wednesday 12/7	Na+	Thursday 12/8	Na+	Friday 12/9	Na+
Seasoned Turkey & Sweet Potato Bowl Brown Rice Fruit		Honey Mustard Chicken Gluten Free Pasta Brussel Sprouts Fruit		Chicken Sausage Quinoa Plantains Fruit		Chicken Picatta Gluten Free Pasta Corn Fruit		Turkey Bolognese Gluten Free Pasta Broccoli Fruit	

Monday 12/12	Tuesday 12/13	Wednesday 12/14	Thursday 12/15	Friday 12/16
BBQ Chicken (Wheat & Soy Free) Gluten Free Pasta Carrots Fruit	Sweet & Sour Turkey Meatballs Brown Rice Sweet Potatoes Fruit	Asian Peach Glazed Chicken Gluten Free Noodles Kale & Corn Fruit	Caribbean Chicken w/ Peppers Whole Grain Grits Plantains Fruit	Curried Chicken Whole Grain Brown Rice Broccoli Fruit

Storm Package Announcement: **All clients should have received a storm pack containing two meals, to be used in case of a snow storm this winter. If you have not received a storm package, please call 617-477-6606.**

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

Ethos Allergen-Free HDM Menu-December 2022

Monday 12/19		Tuesday 12/20		Wednesday 12/21		Thursday 12/22		Friday 12/23	
	Na+		**Na+**		**Na+**	***High Sodium Meal***	**Na+**	**Holiday Special**	**Na+**
Turkey & Sweet Potato Hash Whole Grain Grits Brussel Sprouts Fruit		Chicken Sausage w/ Peppers & Onions Quinoa Sweet Potatoes Fruit		Chicken in Garlic Sauce Gluten Free Pasta Broccoli Fruit		Chicken Marsala Brown Rice Carrots Fruit		Powerhouse Turkey Chili (Legume Free) w/ Sweet Potatoes & Corn Brown Rice Fruit	

Monday 12/26		Tuesday 12/27		Wednesday 12/28		Thursday 12/29		Friday 12/30	
CLOSED **Holiday meals are delivered the week of 12/19/2022**		Turkey Bolognese Sauce Gluten Free Spaghetti Broccoli Fruit		Sweet & Sour Chicken Whole Grain Brown Rice Sweet Potatoes Fruit		Homemade Turkey Meatballs w/ Marinara Gluten Free Pasta Carrots Fruit		Gluten Free Crispy Chicken Quinoa Brussel Sprouts Fruit	

‘Tis the Season for Physical & Mental Health

From the Desk of Ani Aroian, Registered Dietitian, LDN, MPH

Throughout life, but especially during the winter holidays, it’s important to have balance in your daily routine. For example, exercising regularly and eating nourishing meals help us stay physically fit. Equally important, breaking bread with our community and spending time with loved ones help us stay mentally fit. Here are a few ways to help you practice balance in life:

- Eat and drink consistently throughout the day. Don’t skip meals.
- Eat a combination of nourishing and delicious foods.
- Exercise daily, at least 30 minutes.
- Socialize with others. Phone a friend or attend holiday events.

Healthy IDEAS Program at Ethos

In the last two weeks, have you felt bothered by having little interest in doing things, or by feeling down or sad?
If you answered “Yes”, the Healthy IDEAS program with Ethos may be able to assist you at no cost. For more information, contact Molly O’Brien at 617-477-6930.

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