

Ethos Kosher HDM Menu-December 2022



A suggested donation of \$2.00 is requested. Each meal includes low-fat milk and margarine. Calories for the total meal, including milk and margarine, are listed for each day. Milligrams of sodium (Na+) are listed to the right of each item. Milk= 125 mg sodium. Margarine= 35 mg sodium. All nutrition information was provided by Ethos' Community Dietitian. 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.

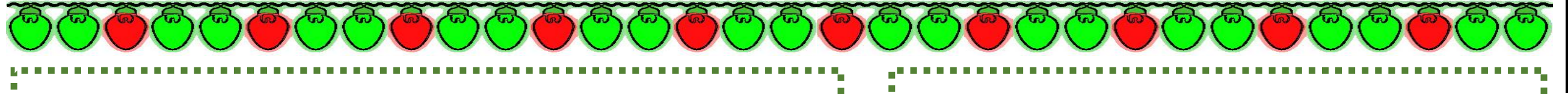
Thursday 12/1		Friday 12/2							
	Na+		Na+						
Lemon and Dill Baked Cod Herbed Orzo Pilaf Broccoli with Red Peppers Seasonal Fruit Wheat Bread		Chicken Cacciatore Rice Pilaf Green Beans Seasonal Fruit Rye Bread							
Monday 12/5		Tuesday 12/6		Wednesday 12/7		Thursday 12/8		Friday 12/9	
	Na+		Na+		Na+		Na+		Na+
Meatball Stroganoff Mashed Potatoes Steamed Carrots Seasonal Fruit Rye Bread		Breaded Chicken Cutlet Quinoa Pilaf Bean Medley Peaches Dinner Roll		Makaroni Po Flotski (Beef & Macaroni) Mixed Vegetables Seasonal Fruit Rye Bread		Fruit Blintzes Home Fries Veggie Patties Diced Pears Wheat Bread		Chicken Stew O'Brien Potatoes Cauliflower Seasonal Fruit Rye Bread	
Monday 12/12		Tuesday 12/13		Wednesday 12/14		Thursday 12/15		Friday 12/16	
Broccoli and Farfalle Alfredo Peas and Corn Apple Sauce Rye Bread		Chicken Marsala Quinoa Pilaf Steamed Carrots Seasonal Fruit Dinner Roll		Beef Burgundy Roasted Potatoes Snow Peas Seasonal Fruit Rye Bread		Noodle Kugel Broccoli & Corn Tropical Fruit Wheat Bread		Glazed Meatloaf Mashed Potatoes Green Beans Seasonal Fruit Rye Bread	

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 Kosher HDM Menu-December 2022

Monday 12/19		Tuesday 12/20		Wednesday 12/21		Thursday 12/22		Friday 12/23	
Na+		Na+		Na+		Na+		Na+	
	Chicken Meatballs Mashed Potatoes Peas and Pearls Seasonal Fruit Rye Bread		Macaroni & Cheese w/ Spinach and Onions Roasted Green Beans Seasonal Fruit Dinner Roll		Chicken Stir Fry Basmati Rice Braised Cabbage Seasonal Fruit Rye Bread		Beef Stroganoff Herbed Roasted Potatoes Chopped Broccoli Apple Sauce Wheat Bread		Parmesan Baked Fish Lemon Rice Carrots Seasonal Fruit Rye Bread
Monday 12/26		Tuesday 12/27		Wednesday 12/28		Thursday 12/29		Friday 12/30	
<p>CLOSED</p>  <p>HAPPY Holidays!</p> <p>Holiday meals are delivered the week of 12/19/2022</p>			Italian Rosemary Chicken Red Bliss Potatoes Peas and Pearl Onions Seasonal Fruit Dinner Roll		Stuffed Shells Garlic Bread Carrots Seasonal Fruit Rye Bread		Lemon and Dill Baked Cod Herbed Orzo Pilaf Broccoli with Red Peppers Seasonal Fruit Wheat Bread		Chicken Cacciatore Rice Pilaf Green Beans Seasonal Fruit Rye Bread



'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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