

Ethos Allergen-Free HDM Menu-January 2023



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.

| Monday 1/2 | Tuesday 1/3 | Wednesday 1/4 | Thursday 1/5 | Friday 1/6 |
|--|--|---|--|---|
| <p>Winters in New England occasionally provide us with snow emergencies that require us to close. If you are concerned about a delivery due to bad weather, Ethos' closing announcements are listed on local television stations: channel 5 and channel 7.</p> | | Na+ | | Na+ |
| | Honey Mustard Chicken Gluten-Free Pasta Brussel Sprouts Fruit | Chicken Sausage Quinoa Broccoli Fruit | Chicken Picatta Gluten-Free Pasta Vegetable Medley Fruit | Turkey Bolognese Gluten-Free Pasta Carrots Fruit |
| Monday 1/9 | Tuesday 1/10 | Wednesday 1/11 | Thursday 1/12 | Friday 1/13 |
| BBQ Chicken (Wheat & Soy Free) Gluten-Free Pasta Green Beans Fruit | Sweet & Sour Turkey Meatballs Brown Rice Broccoli Fruit | Asian Peach Glazed Chicken Gluten-Free Noodles Corn w/ Red Peppers Fruit | Caribbean Chicken w/ Peppers Whole Grain Grits Plaintains Fruit | Curried Chicken Whole Grain Brown Rice Carrots Fruit |

Stay Food Safe this Winter: Messages from the Massachusetts Partnership of Food Safety Education

During a power outage, your refrigerator keeps food safe up to 4 hours if it's kept closed. After that, discard refrigerated perishable food such as meat, poultry, fish, eggs & leftovers. Do not place perishable food out in the snow since outside temperatures can vary, and exposed foods can lead to unsanitary conditions and animals.

If the power goes out, use perishable and refrigerated foods first. Then, use the foods from the freezer, followed by canned and shelf-stable foods last. If a flood happens in your home, do not eat the foods that may have touched the flood water: non-waterproof containers, cardboard boxes and damaged cans. When in doubt, throw it out!

For more food safety tips when the electricity goes out, visit www.mafoodsafetyeducation.info.

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

Ethos Allergen-Free HDM Menu-January 2023

| Monday 1/16 | Tuesday 1/17 | Wednesday 1/18 | Thursday 1/19 | Friday 1/20 |
|--|---|--|--|--|
| <p>CLOSED</p>  <p>Frozen holiday meals will be delivered the week of 1/9/2023</p> | Chicken Sausage w/ Peppers & Onions Quinoa Brussel Sprouts Fruit | Chicken in Garlic Sauce Gluten-Free Pasta Kale & Corn Fruit | Chicken Marsala Brown Rice Broccoli Fruit | Powerhouse Turkey Chili (Legume Free) w/ Sweet Potatoes & Corn Brown Rice Fruit |

| Monday 1/23 | Tuesday 1/24 | Wednesday 1/25 | Thursday 1/26 | Friday 1/27 |
|--|--|---|--|---|
| Chicken Sausage with Apple Chutney Brown Rice Tuscan Blend Vegetables Fruit | 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 Plaintains Fruit |

| Monday 1/30 | Tuesday 1/31 | | | |
|--|--|---|--|--|
| Seasoned Turkey & Sweet Potato Bowl Brown Rice Fruit | Honey Mustard Chicken Gluten-Free Pasta Brussel Sprouts Fruit | <div style="border: 1px solid black; padding: 10px;"> <p style="color: red; margin: 0;">Ethos Nutrition Advice</p> <p style="margin: 0;">If you have questions about our menus, or concerns about your nutrition status, please contact the Community Dietitian, Ani Aroian, RD, LDN, MPH, at 617-477-6606.</p> </div> | | |

Ethos Meals on Wheels Information From the Desk of Ani Aroian, Registered Dietitian, LDN, MPH

Every weekday, the Ethos Meals on Wheels program delivers hot, nutritious meals to hundreds of homebound elderly and disabled residents of Allston, Brighton, Hyde park, Jamaica Plain, Mattapan, Roslindale and West Roxbury. The menus cater to many tastes, featuring Vietnamese, Latino, Caribbean, Vegetarian, and Kosher dishes as well as traditional American fare. There are also therapeutic meals available for those who have life-threatening food allergies or need textural modifications.

All meals, including calories and nutrients, meet 1/3 of the current Dietary Reference Intake (DRI) for people ages 51 years or older. This includes one serving high-quality protein daily, a variety of fruits, raw and cooked vegetables daily, and a rotation of high-fiber breads. In addition, we serve low-to-no-salt added foods, which offers heart-healthy options on a daily basis.

For more information about Ethos menus, call 617-477-6606 or visit www.ethocare.org/services/nutrition/meals-on-wheels-menu.

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