

Ethos Kosher HDM Menu-January 2023



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.

Monday 1/2		Tuesday 1/3		Wednesday 1/4		Thursday 1/5		Friday 1/6	
<div>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.</div>			Na+		Na+		Na+		Na+
		Breaded Chicken Cutlet Quinoa Pilaf Bean Medley Seasonal Fruit Dinner Roll		Makaroni Po Flotski (Beef & Macaroni) Mixed Vegetables Seasonal Fruit Rye Bread		Fruit Blintzes Home Fries Veggie Patties Seasonal Fruit Wheat Bread		Chicken Stew O'Brien Potatoes Cauliflower Seasonal Fruit Rye Bread	
Monday 1/9		Tuesday 1/10		Wednesday 1/11		Thursday 1/12		Friday 1/13	
Broccoli and Farfalle Alfredo Peas and Corn Seasonal Fruit Rye Bread		Chicken Marsala Quinoa Pilaf Steamed Carrots Peaches Dinner Roll		Beef Burgundy Roasted Potatoes Snow Peas Seasonal Fruit Rye Bread		Noodle Kugel Broccoli & Corn Diced Pears Wheat Bread		Glazed Meatloaf Mashed Potatoes Green Beans Seasonal Fruit Rye Bread	

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 it 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

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Monday 1/16	Tuesday 1/17	Wednesday 1/18	Thursday 1/19	Friday 1/20
<div>CLOSED</div> <div></div> <div>Frozen holiday meals will be delivered the week of 1/9/2023</div>	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 Tropical Fruit Wheat Bread	Parmesan Baked Fish Lemon Rice Carrots Seasonal Fruit Rye Bread

[illegible]

Monday 1/30	Tuesday 1/31
Meatball Stroganoff Mashed Potatoes Steamed Carrots Tropical Fruit Cup Rye Bread	Breaded Chicken Cutlet Quinoa Pilaf Bean Medley Seasonal Fruit Dinner Roll

Ethos Nutrition Advice

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.

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-menus.

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