

Ethos Allergen-Free HDM Menu-February 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.

Wednesday 2/1

Thursday 2/2

Friday 2/3

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.

Na+

Na+

Na+

Chicken Sausage
Quinoa
Broccoli
Fruit

Chicken Picatta
Gluten Free Pasta
Zucchini Squash
Fruit

Turkey Bolognese
Gluten Free Pasta
Carrots
Fruit

Monday 2/6

Tuesday 2/7

Wednesday 2/8

Thursday 2/9

Friday 2/10

Na+

Na+

Na+

Na+

Na+

BBQ Chicken (Wheat & Soy Free)
Brown Rice
Brussel Sprouts
Fruit

Sweet & Sour Turkey Meatballs
Brown Rice
Broccoli
Fruit

Asian Peach Glazed Chicken
Gluten Free Noodles
Corn w/ Red Peppers
Fruit

Curried Chicken
Whole Grain Brown Rice
Carrots
Fruit

Caribbean Chicken w/ Peppers
Whole Grain Grits
Plantains
Fruit



February is American Heart Month!

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




Choose foods with low-to-no added salt. Reduce intake of red meat. Include fruits and high fiber vegetables with meals and snacks. Do these phrases sound familiar? That's because they are part of the scientific recommendations to help reduce the risk of cardiovascular disease. This month, talk with your medical team on what you can do to further protect your heart health. Remember: you don't have to make big changes all at once. Even the smallest steps go a long way!

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

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Monday 2/13		Tuesday 2/14		Wednesday 2/15		Thursday 2/16		Friday 2/17	
	Na+		Na+		Na+		Na+		Na+
Chicken in Garlic Sauce Gluten Free Pasta Kale & Corn Fruit		Turkey & Sweet Potato Hash Whole Grain Grits Brussel Sprouts Fruit		Chicken Sausage w/ Peppers & Onions Quinoa Carrots Fruit		Chicken Marsala Brown Rice Broccoli Fruit		Powerhouse Turkey Chili (Legume Free) w/ Sweet Potatoes & Corn Brown Rice Fruit	

Monday 2/20		Tuesday 2/21		Wednesday 2/22		Thursday 2/23		Friday 2/24	
<p>CLOSED</p>  <p>Frozen holiday meals will be delivered the week of 2/13/23</p>									
		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 Plantains Fruit	

Monday 2/27		Tuesday 2/28		<p>Do you know someone who can benefit from Ethos' Home Delivered Meals Program? Please contact the Nutrition Department at 617-477-6606 for more information.</p>					
Seasoned Turkey & Sweet Potato Bowl Brown Rice Fruit		Honey Mustard Chicken Gluten Free Pasta Brussel Sprouts Fruit							

Annoucement for SNAP Recipients: Federal Extra COVID SNAP is Ending

Due to federal action, the last COVID SNAP payment is March 2, 2023. How will this impact your SNAP benefits? Starting in April, you will get only 1 monthly payment. That is your normal benefit. Find the amount on DTA Connect or by calling 877-382-2363. As a reminder, unused SNAP benefits roll over each month. Change the PIN on your EBT card regularly to protect your benefits.

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