

Ethos HDM Menu-February 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.

Wednesday 2/1				Thursday 2/2		Friday 2/3			
<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+
				Shepherds (Beef) Cottage Pie	405	Cheese Tortellini	530	Pork Tenderloin Roast	66
				w/ LS Gravy	53	w/ Tomato Cream Sauce	180	w/ LS Gravy	60
				Buttered Carrot Coins	97	Italian Vegetables	37	Parsley Potatoes	6
				Biscuit	267	Wheat Breadsick	65	Broccoli w/ Peppers	17
				Fresh Pear	2	Birthday Cake	200	Wheat Bread	170
Cal: 741 Na: 983					Cal: 788 Na: 1193		Cal: 898 Na: 494		
Monday 2/6		Tuesday 2/7		Wednesday 2/8		Thursday 2/9		Friday 2/10	
	Na+		Na+		Na+		Na+		Na+
Cheese Lasagna	320	Hamburger	200	BBQ Chicken Strips	230	Baked Pollock	97	Mulligan Beef Stew	204
w/ Meat Sauce	153	w/ Wheat Bun	320	Fiesta Rice (1 C)	296	w/ Honey Mustard Glaze	113	w/ White Rice	35
Garlicky Spinach	88	Sweet Potato Wedges	267	Buttered Green Beans	5	Roasted Potatoes & Carrots	29	Sliced Zucchini & Red Peppers	11
Wheat Breadstick	65	Asparagus	3	Strawberry Bar	85	Mixed Vegetables	28	Cheesy Cornbread	179
Fresh Orange	4	Fresh Apple	1			Wheat Roll	338	Sugar-Free Chocolate Pudding	123
		Ketchup Pkt	82			Peach Cup	8		
Cal: 703 Na: 790		Cal: 790 Na: 1033		Cal: 761 Na: 775		Cal: 742 Na: 773		Cal: 933 Na: 693	



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+	Valentine's Day Meal	Na+		Na+	Sandwich & Salad Menu	Na+		Na+
BBQ Meatballs	345	Chicken Piccata	95	Rigatoni Bolognese	266	High Sodium Meal		Beef Hot Dog	490
White Rice	16	w/ Lemon Caper Sauce	179	Green Peas	62	Tuna Salad	504	w/ Hot Dog Bun	190
Asparagus	3	Mushroom Risotto	64	Wheat Roll	338	w/ Garden Salad Side	27	Baked Beans	140
Wheat Roll	338	Steamed Broccoli	22	Fresh Orange	4	Italian Dressing Pkt	119	Cauliflower & Red Pepper Medley	13
Applesauce Cup	14	Wheat Bread	170			Whole Wheat Bread (2)	340	Fresh Pear	2
		Strawberry Shortcake	200			Blueberry Yogurt Cup	75	Ketchup Pkt	82
		w/ Whipped Topping	69					Mustard Pkt	55
Cal: 717 Na: 877		Cal: 767 Na: 959		Cal: 925 Na: 830		Cal: 711 Na: 1225		Cal: 688 Na: 1132	

Monday 2/20		Tuesday 2/21		Wednesday 2/22		Thursday 2/23		Friday 2/24	
CLOSED  Frozen holiday meals will be delivered the week of 2/13/23									
		Grilled Chicken Fajitas	500	Baked Pollock	97	Beef & Lentil Chili	157	Baked Mac n' Cheese (1 C)	600
		w/ Peppers & Onions	52	w/ Butter Crumb Topping	71	w/ Baked Potato	29	Stewed Tomatoes	72
		Tomato Rice w/ Black Beans	36	O'Brien Potatoes	25	Honey Roasted Carrots	97	Green Beans	4
		Mixed Vegetables	28	Brussels Sprouts	14	Wheat Roll	338	Fresh Orange	4
		Tortilla	170	Wheat Roll	338	Strawberry Bar	85		
		Fresh Apple	1	Raisins	4				
Cal: 710 Na: 947		Cal: 691 Na: 709		Cal: 913 Na: 866		Cal: 758 Na: 840			

Monday 2/27		Tuesday 2/28		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.					
		Soup & Sandwich Menu							
		High Sodium Meal							
Italian Sausage	700	Turkey, Ham & Cheese Sandwich	515						
w/ Peppers & Onions	51	w/ Marble Rye Bread (2)	342						
Parsley Potatoes (1 C)	13	Pickle Chips	91						
Italian Green Beans	4	Vegetable Soup	182						
Fresh Orange	4	Sugar-Free Vanilla Pudding	104						
Mustard Pkt	55	Mustard Pkt	55						
Cal: 999 Na: 986		Cal: 711 Na: 1501							

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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