

# Ethos Kosher 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+
				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 2/6		Tuesday 2/7		Wednesday 2/8		Thursday 2/9		Friday 2/10	
	Na+		Na+		Na+		Na+		Na+
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	



**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**



**Ethos Kosher HDM Menu-February 2023**

[illegible]

Monday 2/20	Tuesday 2/21	Wednesday 2/22	Thursday 2/23	Friday 2/24
<p><b>CLOSED</b></p>  <p><b>Frozen holiday meals will be delivered the week of 2/13/23</b></p>				
	Italian Rosemary Chicken Red Bliss Potatoes Peas and Pearls 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 Apple Sauce Wheat Bread	Chicken Cacciatore Rice Pilaf Green Beans Seasonal Fruit Rye Bread

Monday 2/27		Tuesday 2/28	
Meatball Stroganoff Mashed Potatoes Steamed Carrots Tropical Fruit Cup Rye Bread		Breaded Chicken Cutlet Quinoa Pilaf Bean Medley Seasonal Fruit Dinner Roll	

**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.

**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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