

Ethos Traditional 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.

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.

| Monday 2/6 | | Tuesday 2/7 | | Wednesday 2/8 | | Thursday 2/9 | | Friday 2/10 | |
|--------------------------|-----|------------------------------|-----|---------------------------------------|-----|-------------------------|-----|-------------------------|-----|
| | Na+ | | Na+ | | Na+ | | Na+ | | Na+ |
| Pork Sausage Cacciatore | 709 | Creamy Seafood Chowder | 492 | Chicken Thigh in Mushroom Cream Sauce | 191 | Herb Crusted White Fish | 330 | Shepherd's Pie | 345 |
| Bowtie Pasta | 0 | w/ Potatoes, Onions & Celery | | White Rice | 25 | Orzo | 2 | Mashed Potatoes | 113 |
| Tuscan Blend Vegetables | 31 | Brussel Sprouts | 23 | California Blend Vegetables | 36 | Broccoli | 6 | Green Beans w/Peppers | 6 |
| Wheat Roll | 135 | Oyster Crackers (2) | 280 | Wheat Roll | 135 | Wheat Bread | 135 | Whole Grain Biscuit | 310 |
| Fruit | 0 | Chocolate Pudding | 135 | Fruit | 0 | Oatmeal Cookie | 105 | Cinnamon Peaches | 10 |
| Margarine | 30 | Margarine | 30 | Margarine | 30 | Margarine | 30 | Margarine | 30 |
| | | | | | | Tartar Sauce | 85 | | |
| Cal:781 Na:1030mg | | Cal:737 Na:1085mg | | Cal:710 Na:542mg | | Cal:725 Na:818mg | | Cal:850 Na:939mg | |



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 Traditional HDM Menu-February 2023

| Monday 2/13 | | Tuesday 2/14 | | Wednesday 2/15 | | Thursday 2/16 | | Friday 2/17 | |
|--------------------------|-----|-------------------------|-----|-------------------------|-----|-----------------------------------|-----|--|-----|
| | Na+ | <u>Holiday Meal</u> | Na+ | | Na+ | <u>High Sodium Meal</u> | Na+ | | Na+ |
| Chicken Cordon Bleu | 550 | Shrimp Scampi | 475 | Beef Chili | 275 | Crispy Chicken Sandwich w/Pickles | 517 | American Chop Suey (Beef) w/ Parm Cheese | 355 |
| Mashed Potatoes w/Gravy | 158 | Whole Grain Pasta | 0 | w/ Shredded Cheese | 204 | Whole Grain Mac & Cheese | 323 | Whole Grain Pasta | 0 |
| Carrots | 45 | Green Peas | 6 | Vegetable Medley | 18 | Beets & Greens | 73 | California Blend Vegetables | 36 |
| Whole Grain Cornbread | 180 | Wheat Roll | 135 | Hawaiian Roll | 80 | Wheat Hamburger Bun | 230 | Wheat Roll | 135 |
| Fruit | 0 | Chocolate Chip Cookie | 70 | Vanilla Pudding | 130 | Fruit | 0 | Cinnamon Pears | 10 |
| Margarine | 30 | Margarine | 30 | Margarine | 30 | Margarine | 30 | Margarine | 30 |
| Cal:780 Na:1088mg | | Cal:685 Na:841mg | | Cal:736 Na:862mg | | Cal:935 Na:1298mg | | Cal:684 Na:691mg | |

| Monday 2/20 | | Tuesday 2/21 | | Wednesday 2/22 | | Thursday 2/23 | | Friday 2/24 | |
|--|----|--------------------------|-----|-------------------------|-----|-----------------------------|-----|-------------------------|-----|
|  <p style="color: red; font-weight: bold; margin-top: 10px;">Frozen holiday meals will be delivered the week of 2/13/23</p> | | <u>High Sodium Meal</u> | | | | | | | |
| | | Beef Hot Dog | 540 | Cheese Stuffed Shells | 380 | Roast Turkey w/Gravy | 520 | Potato Pollock | 330 |
| | | Baked Beans | 140 | Sage Cream Sauce | 160 | Mashed Potatoes | 113 | Sweet Potato Wedges | 200 |
| | | Vegetable Medley | 18 | Broccoli w/ Peppers | 6 | Peas, & Corn w/ Red Peppers | 12 | Tuscan Blend Vegetables | 31 |
| | | Whole Grain Hot Dog Bun | 300 | Wheat Roll | 135 | Cornbread | 180 | Wheat Roll | 135 |
| | | Fruit | 0 | Fruit | 0 | Shortbread Cookie | 150 | Fruit | 0 |
| | | Margarine | 30 | Margarine | 30 | Margarine | 30 | Margarine | 30 |
| Ketchup | 85 | | | | | Tartar Sauce | 85 | | |
| | | Cal:880 Na:1238mg | | Cal:694 Na:836mg | | Cal:739 Na:1130mg | | Cal:724 Na:936mg | |

| Monday 2/27 | | Tuesday 2/28 | |
|--------------------------|-----|---------------------------|-----|
| | Na+ | | Na+ |
| Rosemary Garlic Chicken | 422 | Gravy Smothered Pork Chop | 160 |
| Scalloped Potatoes | 306 | White Rice | 25 |
| Green Beans w/ Peppers | 6 | Broccoli | 6 |
| Wheat Roll | 135 | Wheat Bread | 135 |
| Vanilla Pudding | 130 | Fruit | 0 |
| Margarine | 30 | Margarine | 30 |
| Cal:840 Na:1154mg | | Cal:845 Na:481mg | |

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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