

Ethos Vegetarian 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			
	Na+		Na+		Na+		Na+		Na+		Na+
<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>		Vegetarian Meatloaf w/ Gravy	443		BBQ Chickpeas	578		Stewed Tomato Garbanzo Beans	265		
		Mashed Potatoes	113		Baked Beans	140		Rice Pilaf	55		
		Vegetable Medley	18		Beets & Greens	73		Kale & Peppers	14		
		Whole Grain Cornbread	180		Cornbread Loaf	180		Wheat Bread	135		
		Fruit	0		Fruit	0		Chocolate Chip Cookie	70		
		Margarine	30		Margarine	30		Margarine	30		
		Cal:685 Na:909mg			Cal:700 Na:1126mg			Cal:708 Na:694mg			
Monday 2/6		Tuesday 2/7		Wednesday 2/8		Thursday 2/9		Friday 2/10			
	Na+		Na+		Na+		Na+		Na+		Na+
Veggie Sausage Cacciatore	714	Lentil-Okra Coconut Stew	240	Chik'n Cutlet w/ Mushroom	405	Herb Crusted Tofu	178	Vegetarian Shepherd's Pie	262		
Bowtie Pasta	0	Brussel Sprouts	23	Cream Sauce	25	Orzo	2	Mashed Potatoes	113		
Tuscan Blend Vegetables	31	Wheat Bread	135	White Rice	36	Broccoli	6	Green Beans w/Peppers	6		
Wheat Roll	135	Chocolate Pudding	135	California Blend Vegetables	135	Wheat Bread	105	Whole Grain Biscuit	310		
Fruit	0	Margarine	30	Wheat Roll	0	Oatmeal Cookie	30	Cinnamon Peaches	10		
Margarine	30			Fruit	30	Margarine		Margarine	30		
Cal:681 Na:1035mg		Cal:705 Na:688mg		Cal:682 Na:756mg		Cal:730 Na:581mg		Cal:717 Na:856mg			



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 Vegetarian HDM Menu-February 2023

Monday 2/13		Tuesday 2/14		Wednesday 2/15		Thursday 2/16		Friday 2/17	
	Na+		Na+		Na+	<u>Holiday Meal</u>	Na+		Na+
Sweet Corn Fritter	206	Mushroom & White Bean Scampi	530	Lentil Chili	207	Crispy Chik'n Sandwich w/Pickles	280	Vegetarian Chop Suey w/ Parm Cheese	555
Mashed Potatoes w/Gravy	181	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:752 Na:767mg		Cal:718 Na:896mg		Cal:757 Na:794mg		Cal:845 Na:1061mg		Cal:674 Na:891mg	

Monday 2/20		Tuesday 2/21		Wednesday 2/22		Thursday 2/23		Friday 2/24	
<div><p>CLOSED</p><p>Frozen holiday meals will be delivered the week of 2/13/23</p></div>		Na+		Na+		Na+		Na+	
	Veggie Bratwurst	500	Stuffed Shells	380	Roasted Tofu w/ Gravy	136	Veggie Fritters w/ Herb Aioli	370	
	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							
	Cal:790 Na:1198mg		Cal:694 Na:836mg		Cal:826 Na:746mg		Cal:867 Na:891mg		

Monday 2/27		Tuesday 2/28	
	Na+		Na+
Rosemary Garlic White Beans	446	Gravy Smothered Veggie Sausage	587
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:858 Na:1178mg		Cal:723 Na:908mg	

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.

Announcement 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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