

Ethos Allergen-Free HDM Menu-August 2023



A suggested donation of \$2.00 is requested. Each meal excludes dairy, eggs, fish, shellfish, peanuts, tree nuts, sesame seeds, 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.

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All HDM Drivers are required to see someone at delivery. No meals will be left without seeing someone at delivery.

Monday 7/31		Tuesday 8/1		Wednesday 8/2		Thursday 8/3		Friday 8/4	
<b>MA Senior Farmer's Market Produce Distribution</b>  This month, you will receive another fresh batch of microgreens and other local produce! For more information, call 617-477-6606.			Na+		Na+		Na+		Na+
		Chicken Sausage w/ Peppers & Onions Quinoa Carrots Fruit		Chicken Marsala Brown Rice Chickpeas Fruit		Powerhouse Turkey Chili (Legume Free) w/ Sweet Potatoes & Corn Brown Rice Fruit		Turkey Bolognese Sauce Gluten Free Spaghetti Broccoli Fruit	
Monday 8/7		Tuesday 8/8		Wednesday 8/9		Thursday 8/10		Friday 8/11	
	Na+		Na+		Na+		Na+		Na+
Chicken Sausage w/ Apple Chutney Brown Rice Zucchini Squash Fruit		Sweet & Sour Chicken Whole Grain Brown Rice Broccoli Fruit		Homemade Turkey Meatballs w/ Marinara Gluten Free Pasta Carrots Fruit		Gluten Free Crispy Chicken Quinoa Plantains Fruit		Seasoned Turkey & Sweet Potato Bowl Brown Rice Black Beans Fruit	



**Attention MassHealth Members: Don't Miss Out to Renew Your Coverage!**  
The COVID Public Health Emergency (PHE) ended March 31, 2023 and MassHealth is sending out renewal forms to members in **blue envelopes**. Join us at Ethos for a series of Masshealth renewal events designed specifically to assist you in completing your renewal applications. To reserve your spot for these events, call 617-522-9270 and leave a message, or email shine@ethocare.org.

**Event Dates and Times: Wednesdays from 10AM to 3PM:**  
August 2nd, August 16th, September 6th, September 20th, October 4th, October 18th.

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

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Monday 8/14		Tuesday 8/15		Wednesday 8/16		Thursday 8/17		Friday 8/18	
	Na+		Na+		Na+		Na+		Na+
Honey Mustard Chicken Gluten Free Pasta Corn w/ Red Peppers Fruit		Chicken Sausage Quinoa Stewed Beans Fruit		Chicken Picatta Gluten Free Pasta Zucchini Squash Fruit		Turkey Bolognese Gluten Free Pasta Carrots Fruit		BBQ Chicken (Wheat & Soy Free) Brown Rice Broccoli Fruit	
Monday 8/21		Tuesday 8/22		Wednesday 8/23		Thursday 8/24		Friday 8/25	
	Na+		Na+		Na+		Na+		Na+
Sweet & Sour Turkey Meatballs Brown Rice Zucchini Squash 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 Black Beans Fruit		Chicken in Garlic Sauce Gluten Free Pasta Broccoli Fruit	
Monday 8/28		Tuesday 8/29		Wednesday 8/30		Thursday 8/31		<p>Questions about the menu or your nutrition status? Contact the Community Dietitian at (617) 477-6606.</p>	
	Na+		Na+		Na+		Na+		
Turkey & Sweet Potato Hash Whole Grain Grits Brussel Sprouts Fruit		Chicken Sausage w/ Peppers & Onions Quinoa Carrots Fruit		Chicken Marsala Brown Rice Chickpeas Fruit		Powerhouse Turkey Chili (Legume Free) w/ Sweet Potatoes & Corn Brown Rice Fruit			
<p align="center"><b>Summer &amp; Fresh Foods</b></p> <p>Summer is a fantastic season for local produce. All across Boston, farmer and mobile markets are delivering home-grown foods like lettuce, cucumbers, tomatoes, strawberries, blueberries – and more! Buying local when possible is not only good for overall health, but also for the community and economy.</p> <p align="center"><b>Simple meal ideas to increase fruits and veggies:</b></p> <ul style="list-style-type: none"> <li>• 3-Ingredient Salad: wash and chop cucumber, tomato, basil w/ balsamic vinegar and oil</li> <li>• Open-Faced Sandwich: a protein (chicken, chickpeas, or tuna) layered with lettuce and tomato on wheat bread – mayo or mustard optional!</li> <li>• Berry Smoothie: Blend together 1 cup milk of choice, ½ cup yogurt, handful of berries and 1 banana</li> </ul> <p align="right">- From the Desk of the Community Dietitian, Ani Aroian, MPH, RD, LD</p>									
<p align="center"><b>Please notify Ethos of any life threatening food allergies @ 617-477-6606</b></p>									