

Ethos Allergen Free Menu - January 2024



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. Menu subject to change.

To cancel a meal, please call 617-477-6606 by 9AM the previous day.

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

Monday 1/1		Tuesday 1/2		Wednesday 1/3		Thursday 1/4		Friday 1/5	
<div><div></div><div>Happy New Year!</div><div>Ethos is closed. Frozen meals are delivered week of December 26, 2023.</div></div>			Na+		Na+		Na+		Na+
		Chicken Sausage Quinoa Stewed Beans Fruit		Chicken Piccata GF Pasta Zucchini Squash Fruit		Turkey Bolognese GF Pasta Carrots Fruit		BBQ Chicken Brown Rice Broccoli Fruit	
Monday 1/8									
Sweet & Sour Turkey Meatballs Brown Rice Zucchini Squash Fruit		Asian Peach-Glazed Chicken GF Noodles Corn w/ Red Peppers Fruit		Curried Chicken Brown Rice Carrots Fruit		Caribbean Chicken w/ Peppers Whole Grain Grits Black Beans Fruit		Chicken in Garlic Sauce GF Pasta Chickpeas Fruit	

Happy New Year! Wishing You Good Health & Nutrition in 2024!

- From the desk of the Ethos Dietitian, Ani Aroian, MPH, RDN, LDN


With every new year comes "New Year's Resolutions", also known as nutrition or fitness goals (ex. eat more vegetables, reduce your sugar intake, exercise more). Here are some action-filled steps on how to achieve your health and nutrition goals:

- 1. **Start small** - what is something easy you can change about your habits?
- 2. **Gradually increase** - first, practice 1-2x/week for a few weeks, then increase amount again.
- 3. **Reassess** - in the past 3 months, how close have you gotten to achieve this goal?

If you have questions or concerns about your nutrition status, please call the Ethos Dietitian at 617-477-6606.

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

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Monday 1/15		Tuesday 1/16		Wednesday 1/17		Thursday 1/18		Friday 1/19	
<div><div><div>WE WILL BE <u>CLOSED</u> ON</div><div><div>MLK</div><div>MARTIN LUTHER</div></div><div></div><div><div>DAY</div><div>KING JR. DAY</div></div></div><div>Frozen meals are delivered week of January 8, 2024.</div></div>									
		Chicken Sausage w/ Peppers & Onions Quinoa Carrots Fruit		Chicken Marsala Brown Rice Fruit		Powerhouse Turkey Chili Sweet Potatoes & Corn Brown Rice Fruit		Turkey Bolognese GF Pasta Carrots Fruit	
Monday 1/22		Tuesday 1/23		Wednesday 1/24		Thursday 1/25		Friday 1/26	
Chicken Sausage w/ Apple Chutney Brown Rice Stewed Beans Fruit		Sweet & Sour Chicken Brown Rice Broccoli Fruit		Homemade Turkey Meatballs w/ Marinara Sauce GF Pasta Zucchini Squash Fruit		GF Crispy Chicken Quinoa Plantains Fruit		Turkey & Sweet Potato Bowl Brown Rice Black Beans Fruit	
Monday 1/29		Tuesday 1/30		Wednesday 1/31		<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>			
Honey Mustard Chicken GF Pasta Corn w/ Red Peppers Fruit		Chicken Sausage Quinoa Broccoli Fruit		Chicken Piccata GF Pasta Zucchini Squash Fruit					

[illegible]

Ethos Meals on Wheels Menu Information	
<p>Every week, the Ethos Meals on Wheels program delivers hot, nutritious meals to hundreds of homebound elderly and disabled residents of Allston, Brighton, Hyde Park, Jamaica Plain, Mattapan, Roslindale and West Roxbury. The menus cater to many tastes, featuring Vietnamese, Latino, Caribbean, Vegetarian and Kosher dishes as well as traditional American fare. There are also therapeutic meals available for those who have life-threatening food allergies or need textural modifications</p>	

All meals, including calories and nutrients, meet 1/3 of the current Dietary Reference Intake (DRI) for people ages 51 years and older. This includes one serving of high-quality protein daily, a variety of fruits and vegetables, and a rotation of high-fiber breads. In addition, we serve low-to-no-added salt in foods, which offers heart-healthy options daily.

For more information about Ethos menus, call 617-477-6606 or visit www.ethocare.org/services/nutrition.

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