

# Ethos Kosher HDM Menu - March 2024



A suggested donation of \$2.00 is requested. Each meal includes low-fat milk and margarine. Total calories and sodium, including milk and margarine, are listed for each day. 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. Menus are 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.**

## ANNOUNCEMENTS!

**Emergency Snow Closures.** New England winters occasionally have 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.

**MassHealth Renewal Assistance.** Have MassHealth? You need to renew your coverage. The Ethos SHINE program is providing assistance on how to renew at no cost on 3/20, 4/17 and 5/15 from 10AM-3PM. For more information, call 617-522-9270 or email shine@ethocare.org.

**Daylight Savings.** Spring is almost here! Don't forget to move your clock forward by 1 hour on Sunday, 3/10.

Friday 3/1

Na+

Chicken Stew  
O'Brien Potatoes  
Cauliflower  
Seasonal Fruit - Rye Bread

Monday 3/4

Tuesday 3/5

Wednesday 3/6

Thursday 3/7

Friday 3/8

Na+

Na+

Na+

Na+

Na+

Broccoli and Farfalle Alfredo  
Corn  
Apple Sauce - Rye Bread

Chicken Marsala  
Quinoa Pilaf  
Steamed Carrots  
Seasonal Fruit - Dinner Roll

Beef Burgundy  
Roasted Potatoes  
Steamed Carrots  
Seasonal Fruit - Dinner Roll

Honey Roasted Chicken  
Lemon Rice  
Broccoli  
Tropical Fruit - Wheat Bread

Glazed Meatloaf  
Mashed Potatoes  
Green Beans  
Cookies - Rye Bread

## March is National Nutrition Month!

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



National Nutrition Month is a time to encourage healthy eating and exercise habits for all. Part of this year's theme "Beyond the Table" looks at food before we sit down to eat; it takes a step back to see where food comes from, the importance of food safety and value of good nutrition for the future.

The Home Delivered Meals (Meals on Wheels) program at Ethos incorporates all the above. Each vendor buys foods from reputable sources, follows strict food safety guidelines and adheres to the nutrition standards enforced by the Older Americans Act. Have other questions about the meals or concerns about your nutrition status? Please contact the Ethos Dietitian at 617-477-6606.

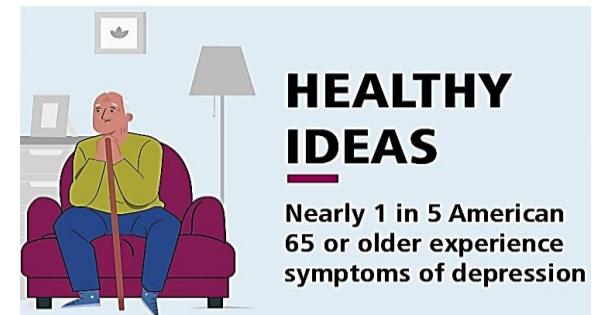
**Please notify Ethos of any life threatening food allergies @ 617-477-6606**

# Ethos Kosher HDM Menu - March 2024

Ethos Kosher HDM Menu - March 2024									
Monday 3/11		Tuesday 3/12		Wednesday 3/13		Thursday 3/14		Friday 3/15	
	Na+		Na+		Na+		Na+		Na+
Makaroni Po Flotski Macaroni & Beef Mixed Vegetables Seasonal Fruit- Rye Bread		Pot Roast Mashed Potatoes Bean Medley Peaches - Dinner Roll		Chicken Stir Fry Basmati Rice Corn Seasonal Fruit - Rye Bread		Beef Stroganoff Herbed Roasted Potatoes Chopped Broccoli Apple Sauce - Wheat Bread		Breaded Chicken Shnitzel Lemon Rice Carrots Seasonal Fruit - Rye Bread	
Monday 3/18		Tuesday 3/19		Wednesday 3/20		Thursday 3/21		Friday 3/22	
	Na+		Na+		Na+		Na+		Na+
Stuffed Cabbage Egg Noodles Roasted Cauliflower Seasonal Fruit - Rye Bread		Italian Rosemary Chicken Red Bliss Potatoes Green Peas Cake - Dinner Roll		Tortellini Primavera Four Cheese Sauce Carrots Vanilla Pudding - Rye Bread		Lemon and Dill Baked Cod Herbed Orzo Pilaf Broccoli Apple Sauce - Wheat Bread		Chicken Cacciatore Rice Pilaf Green Beans Cookies - Rye Bread	
Monday 3/25		Tuesday 3/26		Wednesday 3/27		Wednesday 3/28		Friday 3/29	
	Na+		Na+		Na+		Na+		Na+
Meatball Stroganoff Mashed Potatoes Carrots Seasonal Fruit - Rye Bread		Breaded Chicken Cutlet Quinoa Pilaf Bean Medley Cake - Dinner Roll		Roasted Turkey Herbed Stuffing Butternut Squash Seasonal Fruit - Rye Bread		Salmon with White Wine Sauce White Rice Roasted Zucchini Diced Pears - Wheat Bread		Chicken Stew O'Brien Potatoes Cauliflower Seasonal Fruit - Rye Bread	

### Healthy IDEAS Program at Ethos

In the last two weeks, have you often been bothered by having little interest or pleasure in doing things? Or, have you been bothered by feeling down, sad or hopeless? If you answered "Yes", then the Healthy IDEAS program at Ethos may be able to assist in improving your mood at no cost. For more information on how to participate or make a referral, please contact the Healthy IDEAS Coordinator, Molly O'Brien, at 617-477-6930.



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