

Ethos Allergen-Free HDM Menu-January 2025



A suggested donation of \$2.00 is requested. Each meal excludes fish, shellfish, dairy, eggs, wheat, soy, peanuts, tree nuts and sesame seeds. Milligrams of sodium (Na+) are listed to the right of each item. GF=Gluten-Free. All nutrition information was provided by City Fresh Foods. 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

Snow Emergencies: If you are concerned that Ethos is closed due to bad weather, please call the main number at 617-522-6700. Ethos' closing announcement is also listed on local television stations Channel 5 and Channel 7.

Healthy Incentives Program (HIP) Benefit Change: Since December 2024, the maximum HIP benefit a household can use will be \$20 a month for all households, regardless of size. The Supplemental Nutrition Assistance Program (SNAP) benefits are not impacted by this change. For more information, visit: mass.gov/HIPChange.

Wednesday 1/1/2025



Ethos is closed.
Frozen meals delivered week of 12/23/24

Thursday 1/2

Turkey Bolognese
Gluten Free Pasta
Broccoli
Fruit

Friday 1/3

Sweet & Sour Turkey Meatballs
Brown Rice
Zucchini Squash
Fruit

Monday 1/6

BBQ Chicken (Wheat & Soy Free)
Brown Rice
Broccoli
Fruit

Tuesday 1/7

American Chop Suey
with Gluten Free Pasta (Turkey)
Carrots
Fruit

Wednesday 1/8

Curried Chicken
Whole Grain Brown Rice
Broccoli
Fruit

Thursday 1/9

Caribbean Chicken w/ Peppers
Whole Grain Grits
Black Beans
Fruit

Friday 1/10

Pulled Honey Jerk Chicken
Sandwich
Gluten Free Bun
Brussel Sprouts
Fruit

Happy New Year! Wishing You Good Health & Nutrition in 2025! - From the Desk of the Community Dietitian at Ethos

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


- 1. **Start Small** - What is something easy you can change about your habits?
- 2. **Gradually Increase** - Can you increase vegetables from 2 to 3 servings/day? Or increase exercise from 1 to 2 times weekly?
- 3. **Reassess** - In the past 3 months, how close have you gotten to achieve this goal?

Questions about the menus 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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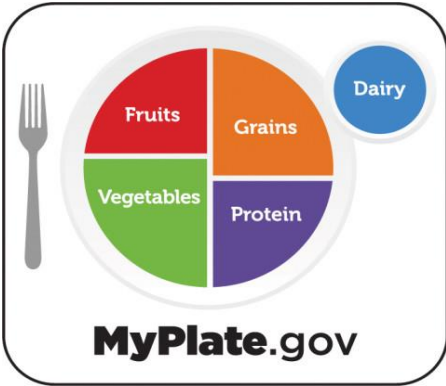
Monday 1/13		Tuesday 1/14		Wednesday 1/15		Thursday 1/16		Friday 1/17	
Gluten Free Pizza w/ Dairy-Free Cheese & BBQ Chicken Broccoli Fruit		Gluten Free Crispy Chicken Sandwich Gluten Free Bun Sweet Potatoes Fruit		Falafel Bites Brown Rice Zucchini Squash Fruit		Sweet Potato & Black Bean Nachos w/ Dairy-Free Cheese Corn Tortilla Chips Fruit		Turkey Bolognese Gluten Free Pasta Carrots Fruit	
Monday 1/20		Tuesday 1/21		Wednesday 1/22		Thursday 1/23		Friday 1/24	
<div><div><div>WE WILL BE CLOSED ON</div><div>Martin Luther King Jr. Day</div><div> I HAVE A DREAM</div><div>Frozen meals delivered week of 1/13/25</div></div></div>		Sweet & Sour Chicken Whole Grain Brown Rice Corn w/ Peppers Fruit		Homemade Turkey Meatballs w/ Marinara Gluten Free Pasta Broccoli Fruit		Gluten Free Crispy Chicken Quinoa Plantains Fruit		Gluten Free Pizza w/ BBQ Chicken Dairy Free Cheese Broccoli Fruit	
Monday 1/27		Tuesday 1/28		Tuesday 1/29		Thursday 1/30		Friday 1/31	
Honey Mustard Chicken Gluten Free Pasta Carrots Fruit		Chicken & Dairy-Free Cheese Quesadilla w/ Corn Tortilla Black Beans Fruit		hicken Taco "Casserole" Quinoa Corn & Peppers Fruit		Turkey Bolognese Gluten Free Pasta Broccoli Fruit		Sweet & Sour Turkey Meatballs Brown Rice Zucchini Squash Fruit	

Ethos Meals on Wheels Menu Information

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.

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, low-fat milk, high fiber fruits and vegetables, and a rotation of high-fiber breads. In addition, there is limited 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