

Ethos HDM Menu-January 2025



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

**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](https://mass.gov/HIPChange).

Wednesday 1/1/2025



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

Thursday 1/2

	Na+
Herb Baked Chicken	462
w/ LS Gravy	16
Whipped Potatoes	60
Green Beans	4
Cranberry Sauce	7
Wheat Roll	169
Oatmeal Cookie	75

Cal: 821 Na: 953

Friday 1/3

	Na+
Mulligan Beef Stew	771
w/ Egg Noodles	157
Broccoli	22
Breadstick	65
Fresh Fruit	4

Cal: 891 Na: 1178

Monday 1/6

	Na+
Italian Stuffed Shells	340
w/ Tomato Cream Sauce	180
Italian Blend Vegetables	37
Garlic Knot	219
Fresh Fruit	1

Cal: 704 Na: 938

Tuesday 1/7

	Na+
Buffet Ham	683
w/ Raisin Sauce	5
Sweet Glazed Potatoes	44
Green Peas	50
Wheat Bread	170
Strawberry Bar	85

Cal: 729 Na: 1179

Wednesday 1/8

	Na+
Broccoli Cheese Stuffed Chicken	410
w/ LS Gravy	28
Red Roasted Potatoes	38
Stewed Tomatoes	191
White Dinner Roll	153
Pear Fruit Cup	1

Cal: 673 Na: 980

Thursday 1/9

	Na+
Beef & Lentil Chili	157
w/ Baked Potato Half	38
Shredded Cheese & Sour Cream	100
Asparagus	3
Cornbread	179
Dried Cranberries	1

Cal: 913 Na: 637

Friday 1/10

	Na+
Teriyaki Salmon Filet	266
Asian Blend Vegetables	18
Brown Rice w/ Diced Peppers	2
Wheat Roll	169
Fruited Muffin	250

Cal: 777 Na: 865

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



## Ethos HDM Menu-January 2025

Monday 1/13		Tuesday 1/14		Wednesday 1/15		Thursday 1/16		Friday 1/17	
	Na+		Na+		Na+	Holiday Meal	Na+		Na+
Shepherd's Pie	397	Chicken Brunswick Stew	318	Turkey Skillet	503	Roast Pork Tenderloin	248	Eggplant Parm	925
w/ Whipped Potatoes	60	White Rice	15	Parsley Potatoes	6	w/ Cranberry Glaze	7	w/ Bowtie Pasta	1
Steamed Broccoli	22	Honey Glazed Carrots	55	California Blend Vegetables	27	Garlicky Kale	21	Italian Green Beans	4
Biscuit	267	Wheat Roll	169	Breadstick	65	Butternut Squash	3	Scali Bread	105
Fresh Fruit	4	Graham Cracker Cookies	69	Pineapple Cup	1	Wheat Bread	170	Fresh Fruit	2
						Birthday Cake w/ Whipped Topping	221		
Cal: 802 Na: 909		Cal: 759 Na: 786		Cal: 910 Na: 762		Cal: 759 Na: 829		Cal: 808 Na: 1169	

Monday 1/20		Tuesday 1/21		Wednesday 1/22		Thursday 1/23		Friday 1/24	
<div><p><b>WE WILL BE <u>CLOSED</u> ON</b></p><p><b>Martin Luther</b></p><p><b>King Jr. Day</b></p><p><small>I HAVE A DREAM</small></p><p><i>Frozen meals delivered week of 1/13/25</i></p></div>			<b>Na+</b>		<b>Na+</b>		<b>Na+</b>		<b>Na+</b>
		Sausage & Tortellini	613	Baked Pollock	130	Meatloaf w/ Mushroom Gravy	276	Chicken & Broccoli Ziti	408
		w/ Tomato Sauce	134	w/ Butter Crumb Topping	81	Garlic Mashed Potatoes	60	w/ Sliced Carrots	55
		Brussels Sprouts	14	Roasted Root Vegetables	33	Peas & Carrots	62	Garlic Knot	219
		Wheat Roll	169	Steamed Spinach	80	Biscuit	267	Dried Cranberries	1
		Fresh Fruit	1	Breadstick	65	Vanilla Pudding Cup	130		
				Peach Cup	1				
<b>Cal: 763 Na: 1091</b>			<b>Cal: 665 Na: 548</b>		<b>Cal: 826 Na: 956</b>		<b>Cal: 676 Na: 843</b>		

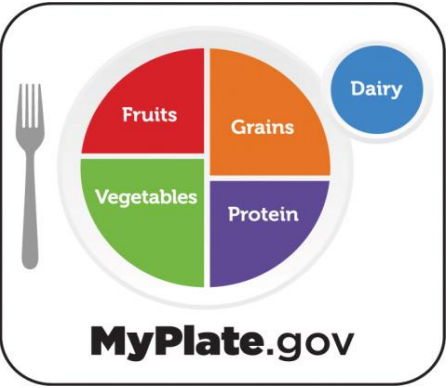
Monday 1/27		Tuesday 1/28		Tuesday 1/29		Thursday 1/30		Friday 1/31	
	Na+		Na+	Hot Sub Meal	Na+		Na+		Na+
Bone-In, Oven "Fried" Chicken	450	Cheese Manicotti	340	Beef Meatball Sub	128	Mushroom Chicken & Quinoa Skillet	146	Frank n' Beans	630
w/ Cheese Baked Rice	93	w/ Florentine Sauce	412	w/ Tomato Sauce & Cheese	308	Steamed Broccoli	22	Mixed Vegetables	28
Stewed Tomatoes	191	Zucchini & Squash	11	White Sub Roll	330	Biscuit	267	Wheat Roll	169
Cornbread	179	Garlic Knot	219	California Blend Vegetables	27	Fresh Fruit	2	House-Baked Brownie	127
Sugar-Free Cookie	70	Fresh Fruit	4	Raisins	4				
<b>Cal: 700 Na: 1143</b>		<b>Cal: 913 Na: 1146</b>		<b>Cal: 732 Na: 957</b>		<b>Cal: 685 Na: 597</b>		<b>Cal: 691 Na: 1114</b>	

## 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](http://www.ethocare.org/services/nutrition).



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