

Ethos Kosher 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.

Wednesday 1/1/2025

Happy New Year!

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

Thursday 1/2

Spinach and Onion Mac N Cheese
Cavatappi Pasta
Chopped Broccoli
Apple Sauce - Wheat Bread

Friday 1/3

Chicken Shnitzel
Lemon Rice
Carrots
Seasonal Fruit - Rye Bread

Monday 1/6

Italian Rosemary Chicken
Mashed Potatoes
Roasted Tricolor Cauliflower
Seasonal Fruit - Rye Bread

Tuesday 1/7

Beef Kotleti
Red Bliss Potatoes
Green Peas
Seasonal Fruit - Dinner Roll

Wednesday 1/8

Tortellini Primavera
Four Cheese Sauce
Carrots
Seasonal Fruit - Rye Bread

Thursday 1/9

Seared Cod Cakes
White Rice
Roasted Zucchini
Apple Sauce - Wheat Bread

Friday 1/10

Chicken Cacciatore
Rice Pilaf
Green Beans
Seasonal Fruit - Rye Bread

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 Kosher Menu-January 2025

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Monday 1/20	Tuesday 1/21	Wednesday 1/22	Thursday 1/23	Friday 1/24
<p>WE WILL BE <u>CLOSED</u> ON</p> <p>Martin Luther</p>  <p>King Jr. Day</p> <p><i>I HAVE A DREAM</i></p> <p><i>Frozen meals delivered week of 1/13/25</i></p>				
	Chicken Marsala Quinoa Pilaf Steamed Carrots Seasonal Fruit - Dinner Roll	Beef Burgundy Roasted Potatoes Wax Beans Seasonal Fruit - Rye Bread	Honey Roasted Chicken Lemon Rice Broccoli Tropical Fruit - Wheat Bread	Glazed Meatloaf Mashed Potatoes Green Beans Fresh Fruit - Rye Bread

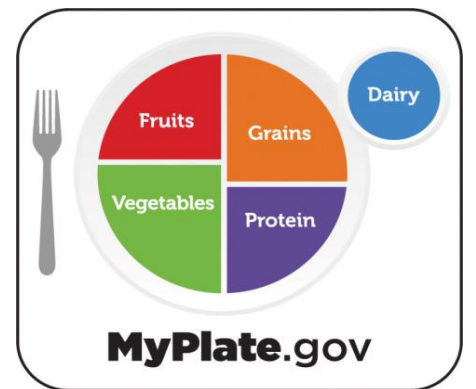
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Ethos Meals on Wheels Menu Information

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