

Ethos Allergen-Aware HDM Menu-February 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.

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

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

Monday 2/3	Tuesday 2/4	Wednesday 2/5	Thursday 2/6	Friday 2/7
BBQ Chicken (Wheat & Soy Free) Brown Rice Broccoli Fruit	American Chop Suey with Gluten Free Pasta (Turkey) Carrots Fruit	Curried Chicken Whole Grain Brown Rice Broccoli Fruit	Caribbean Chicken w/ Peppers Whole Grain Grits Black Beans Fruit	Pulled Honey Jerk Chicken Sandwich Gluten Free Bun Brussel Sprouts Fruit
Monday 2/10	Tuesday 2/11	Wednesday 2/12	Thursday 2/13	Friday 2/14
Gluten Free Pizza w/ Dairy-Free Cheese 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

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.

HDM Reheating Instructions:

1. Peel or slit the plastic film of your HDM tray.
2. Microwave for 2-3 minutes or place in an oven at 350F for 10 minutes.
3. Do not use toaster ovens to reheat under any circumstances!

We recommend that you eat your meal the same day of delivery. if you do not eat your meal immediately, please refrigerate or freeze it.

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

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Monday 2/17	Tuesday 2/18	Wednesday 2/19	Thursday 2/20	Friday 2/21
<p>WE WILL BE CLOSED ON PRESIDENTS DAY</p>  <p><i>Frozen meals delivered week of 2/10/25.</i></p>	<p>Sweet & Sour Chicken Whole Grain Brown Rice Corn w/ Peppers Fruit</p>	<p>Homemade Turkey Meatballs w/ Marinara Gluten Free Pasta Broccoli Fruit</p>	<p>Gluten Free Crispy Chicken Quinoa Plantains Fruit</p>	<p>Gluten Free Pizza w/ BBQ Chicken & Dairy-Free Cheese Broccoli Fruit</p>
Monday 2/24	Tuesday 2/25	Wednesday 2/26	Thursday 2/27	Friday 2/28
<p>Honey Mustard Chicken Gluten Free Pasta Carrots Fruit</p>	<p>Chicken & Dairy-Free Cheese Quesadilla w/ Corn Tortilla Black Beans Fruit</p>	<p>Chicken Taco "Casserole" Quinoa Corn & Peppers Fruit</p>	<p>Turkey Bolognese Gluten Free Pasta Broccoli Fruit</p>	<p>Sweet & Sour Turkey - Meatballs Brown Rice Zucchini Squash Fruit</p>



February is American Heart Month! - From the Desk of the Community Dietitian at Ethos

These dietary recommendations can help control blood pressure and reduce the risk for kidney disease, heart attack, stroke and vascular dementia.

- Choose foods with low or no salt
- Limit fatty foods, red meat and sugary beverages.
- Increase fruits and vegetables with meals and snacks.
- Exercise regularly, about 30 minutes daily.

This month, talk with your medical team on how you can protect your health. Remember: you don't have to make big changes all at once. Even the smallest steps go a long way!

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