

Ethos 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	
	Na+		Na+		Na+		Na+		Na+
Salisbury Steak	160	Buffet Ham w/ Raisin Sauce	575	Broccoli Cheese Stuffed Chicken	550	Baked Pollock w/ Butter Crumb Topping	164	Turkey Bolognese	276
w/ Mushroom Gravy	89	Sweet Glazed Potatoes	55	w/ LS Gravy	28	Rice Pilaf	30	w/ Penne Pasta	1
Garlic Mashed Potatoes	60	Green Peas	62	Parsley Smashed Potatoes	6	Green Beans	4	Steamed Cauliflower	13
WG Breadstick	65	Wheat Bread	170	California Blend Vegetables	27	Wheat Bread	170	Wheat Roll	169
Fresh Fruit	1	Strawberry Appleways Bar	85	White Roll	153	Fruited Muffin Loaf	250	Tropical Fruit Cup	1
				Mandarin Orange Fruit Cup	6				
Cal: 755 Na: 600		Cal: 754 Na: 1106		Cal: 728 Na: 930		Cal: 744 Na: 779		Cal: 676 Na: 619	
Monday 2/10		Tuesday 2/11		Wednesday 2/12		Thursday 2/13		Friday 2/14	
	Na+	Hot Sandwich Meal - High Sodium	Na+		Na+		Na+	Holiday Meal	Na+
Golden Mac n' Cheese	438	Breaded Chicken Sandwich	550	New England Beef Stew	200	Italian Sausage	700	Chicken Piccata	212
w/ Steamed Spinach	80	w/ Pickles		w/ Potatoes, Peas, Carrots	20	w/ Onions, Peppers & Potatoes	55	w/ Lemon Caper Sauce	177
Wheat Roll	169	Bulkie Roll	340	Steamed Broccoli	22	Mixed Vegetables	28	Mushroom Risotto w/ Peas	58
Fresh Fruit	4	Seasoned Potato Wedges	267	Egg Noodles	157	WG Breadstick	65	Brussels Sprouts	14
		Green Beans	4	Biscuit	267	Fresh Fruit		Wheat Bread	170
		Dried Cranberries	1	SF Chocolate Pudding	115			Strawberry Shortcake	269
		Mayo Pkt	64						
Cal: 779 Na: 851		Cal: 911 Na: 1384		Cal: 808 Na: 940		Cal: 760 Na: 1009		Cal: 742 Na: 1059	

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>		Na+		Na+		Na+		Na+		
	Italian Stuffed Shells w/ Tomato Cream Sauce	340 180	Italian Blend Vegetables Garlic Knot Pineapple Cup	37 219 1	Baked Herb Chicken w/ LS Gravy Whipped Potatoes Green Beans Wheat Roll	539 42 60 4 169	Beef & Lentil Chili w/ Shredded Cheese & Sour Cream Baked Potato Asparagus Cornbread Loaf Birthday Cake w/ Whipped Topping	202 100 38 3 179 221	Roast Pork Tenderloin w/ Sauce Robert Sweet Pepper Brown Rice Steamed Spinach Wheat Bread Applesauce Cup	248 331 2 80 170 14
	Cal: 702 Na: 938		Cal: 661 Na: 975		Cal: 959 Na: 904		Cal: 717 Na: 1004			
	Monday 2/24	Tuesday 2/25		Wednesday 2/26		Thursday 2/27		Friday 2/28		
	Na+		Na+		Na+	Cold Sandwich Meal	Na+		Na+	
Chicken Brunswick Stew White Rice Honey Glazed Baby Carrots Wheat Roll Graham Cracker Cookies	318 15 55 169 69	Shepherd's Pie w/ Whipped Potatoes Steamed Broccoli Biscuit Fresh Fruit	397 60 22 267 1	Turkey Roast w/ LS Gravy Green Peas Butternut Squash Cranberry Sauce Wheat Bread Raisins	528 56 62 3 7 170 4	Cranberry Tuna Sandwich Multigrain Bread (2) Tricolored Pasta Salad Coleslaw Oatmeal Cookie	466 215 30 209 75	Eggplant Parmesan w/ Bowtie Pasta Italian Green Beans Scali Bread Fresh Fruit	187 1 4 105 4	
Cal: 759 Na: 786		Cal: 776 Na: 907		Cal: 1028 Na: 989		Cal: 1012 Na: 1155		Cal: 664 Na: 594		



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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