

Ethos Traditional 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+
Beef w/ Peppers & Onions	155	Teriyaki Salmon	456	Chicken Anna Maria	470	Meatloaf w/ Gravy	546	Pulled Pork Tacos	415
Orzo	4	White Rice	25	Mashed Potatoes	22	Roasted Potatoes	85	w/ Lime Wedge	
Carrots	56	Broccoli	29	Mixed Vegetables	51	Spinach & Peppers	65	Brown Rice	20
Wheat Roll	150	Wheat Roll	150	Wheat Bread	65	Cornbread Loaf	180	Black Beans, Corn & Peppers	61
Pudding	130	Cinnamon Apples	3	Fig Newton	180	Mandarin Orange Cup	5	Mini Tortillas (2)	270
								Fruit	0
Cal:660 Na:630mg		Cal:677 Na:798mg		Cal:841 Na:923mg		Cal:726 Na:1016mg		Cal:814 Na:901mg	
Monday 2/10		Tuesday 2/11		Wednesday 2/12		Thursday 2/13		Friday 2/14	
	Na+		Na+		Na+	<i>Holiday Meal</i>	Na+		Na+
Chicken Picatta	555	Tuscan White Fish	413	Powerhouse Turkey Chili	372	Chicken Parmesan	637	Beef Stew	100
Roasted Potatoes	85	Rice Pilaf	50	w/ Sweet Potatoes		Whole Grain Pasta	4	w/ Whole Grain Biscuit	370
Brussel Sprouts	26	Zucchini Squash	20	w/ Shredded Cheese	96	Broccoli	29	Kale & Peppers	29
Wheat Bread	65	Wheat Bread	65	California Blend Vegetables	34	Dinner Roll	100	Fruit	0
Fruit	0	Pudding	130	Whole Grain Cornbread	180	Pound Cake	240		
Cal:803 Na:866mg		Cal:833 Na:813mg		Cal:857 Na:822mg		Cal:753Na:1145mg		Cal:731 Na:634mg	

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</p> <p>PRESIDENTS DAY</p>  <p><i>Frozen meals delivered week of 2/10/25.</i></p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td></td><td style="text-align: right;">Na+</td><td></td></tr> <tr><td>Potato Pollock</td><td style="text-align: right;">330</td><td>Fried Chicken</td><td style="text-align: right;">300</td></tr> <tr><td>Vegetable Rice Pilaf</td><td style="text-align: right;">50</td><td>Mac & Cheese</td><td style="text-align: right;">402</td></tr> <tr><td>Vegetable Medley</td><td style="text-align: right;">54</td><td>Collard Greens</td><td style="text-align: right;">40</td></tr> <tr><td>Wheat Roll</td><td style="text-align: right;">150</td><td>Cornbread Loaf</td><td style="text-align: right;">180</td></tr> <tr><td>Mandarin Cup</td><td style="text-align: right;">5</td><td>Vanilla Pudding</td><td style="text-align: right;">130</td></tr> <tr><td>Tartar Sauce</td><td style="text-align: right;">100</td><td></td><td></td></tr> <tr><td colspan="2" style="text-align: right;">Cal:741 Na:824mg</td><td colspan="2" style="text-align: right;">Cal:975 Na:1187mg</td></tr> </table>		Na+		Potato Pollock	330	Fried Chicken	300	Vegetable Rice Pilaf	50	Mac & Cheese	402	Vegetable Medley	54	Collard Greens	40	Wheat Roll	150	Cornbread Loaf	180	Mandarin Cup	5	Vanilla Pudding	130	Tartar Sauce	100			Cal:741 Na:824mg		Cal:975 Na:1187mg		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td></td><td style="text-align: right;">Na+</td><td></td></tr> <tr><td>Shepherd's Pie (Beef)</td><td style="text-align: right;">315</td><td>Roast Turkey w/ Gravy</td><td style="text-align: right;">400</td></tr> <tr><td>w/ Mashed Potatoes, Corn, Peas</td><td style="text-align: right;">-</td><td>Mashed Sweet Potatoes</td><td style="text-align: right;">42</td></tr> <tr><td>Carrots</td><td style="text-align: right;">56</td><td>Green Peas</td><td style="text-align: right;">20</td></tr> <tr><td>Dinner Roll</td><td style="text-align: right;">100</td><td>Wheat Roll</td><td style="text-align: right;">150</td></tr> <tr><td>Cinnamon Apples</td><td style="text-align: right;">5</td><td>Oatmeal Cookie</td><td style="text-align: right;">90</td></tr> <tr><td colspan="2" style="text-align: right;">Cal:741 Na:611mg</td><td colspan="2" style="text-align: right;">Cal:706 Na:837mg</td></tr> </table>		Na+		Shepherd's Pie (Beef)	315	Roast Turkey w/ Gravy	400	w/ Mashed Potatoes, Corn, Peas	-	Mashed Sweet Potatoes	42	Carrots	56	Green Peas	20	Dinner Roll	100	Wheat Roll	150	Cinnamon Apples	5	Oatmeal Cookie	90	Cal:741 Na:611mg		Cal:706 Na:837mg	
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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!

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