

## Ethos Vegetarian 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+
Veggie Sausage w/ Peppers & Onions	507	Teriyaki Tofu	437	Chik'n Anna Maria	538	Vegetarian Meatloaf w/ Gravy	632	Refried Bean & Cheese Tacos	518
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	64
Pudding	130	Cinnamon Apples	3	Fig Newton	180	Mandarin Orange Cup	5	Mini Tortillas (2)	270
								Fruit	0
<b>Cal:660 Na:982mg</b>		<b>Cal:659 Na:779mg</b>		<b>Cal:976 Na:991mg</b>		<b>Cal:666 Na:1102mg</b>		<b>Cal:748 Na:1004mg</b>	
Monday 2/10		Tuesday 2/11		Wednesday 2/12		Thursday 2/13		Friday 2/14	
	Na+		Na+		Na+	<i>Holiday Meal</i>	Na+		Na+
Chik'n Picatta	562	Tuscan Fritters	495	Powerhouse Bean Chili	437	Chik'n Parmesan	613	Lentil Stew	130
Roasted Potatoes	85	Rice Pilaf	50	w/ Sweet Potatoes	96	Whole Grain Pasta	4	w/ Whole Grain Biscuit	370
Brussel Sprouts	26	Zucchini Squash	20	w/ Shredded Cheese	34	Broccoli	29	Kale & Peppers	290
Wheat Bread	65	Wheat Bread	65	California Blend Vegetables	180	Dinner Roll	100	Fruit	0
Fruit	0	Pudding	130	Whole Grain Cornbread	180	Pound Cake	240		
<b>Cal:822 Na:873mg</b>		<b>Cal:905Na:895mg</b>		<b>Cal:719 Na:887mg</b>		<b>Cal:846 Na:1121mg</b>		<b>Cal:663 Na:664mg</b>	

### 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><b>WE WILL BE CLOSED ON PRESIDENTS DAY</b></p>  <p><i>Frozen meals delivered week of 2/10/25.</i></p>		<b>Na+</b>	<b>Na+</b>	<b>Na+</b>	<b>Na+</b>	<b>Na+</b>	<b>Na+</b>	<b>Na+</b>	<b>Na+</b>	<b>Na+</b>	<b>Na+</b>
		Veggie Fritters	330	High Sodium Meal	804	Vegetarian Shepherd's Pie w/ Mashed Potatoes, Corn, Peas	547	Roast Tofu w/ Gravy	230		
		Vegetable Rice Pilaf	50	Mac & Cheese (Entrée)	40	Carrots	56	Mashed Sweet Potatoes	42		
		Vegetable Medley	54	Collard Greens	180	Dinner Roll	100	Green Peas	20		
		Wheat Roll	150	Cornbread Loaf	130	Cinnamon Apples	5	Wheat Roll	150		
Mandarin Cup	5	Vanilla Pudding				Oatmeal Cookie	90				
<b>Cal:667 Na:724mg</b>		<b>Cal:1094 Na:1289mg</b>		<b>Cal:677 Na:843mg</b>		<b>Cal:675 Na:667mg</b>					
Monday 2/24		Tuesday 2/25		Wednesday 2/26		Thursday 2/27		Friday 2/28			
<b>Na+</b>	<b>Na+</b>	<b>Na+</b>	<b>Na+</b>	<b>Na+</b>	<b>Na+</b>	<b>Na+</b>	<b>Na+</b>	<b>Na+</b>	<b>Na+</b>		
BBQ Chik'n	506	Southwest Bean Chili	512	Veggie Sausage	611	Creamy Garlic Tofu	334	Stuffed Shells	230		
Baked Beans	140	w/ Shredded Cheese	50	w/ Mushroom Cream Sauce		Mashed Potatoes	22	w/ Lentil Bolognese & Parmesan	232		
Vegetable Medley	54	Broccoli	29	Rice Pilaf	50	Mixed Root Vegetables	65	Mixed Vegetables	56		
Wheat Bread	65	Cornbread Loaf	180	Carrots	56	Wheat Roll	150	Garlic Bread	230		
Fruit	0	Shortbread Cookie	150	Wheat Roll	150	Chocolate Pudding	130	Pear Cup	0		
Mixed Fruit	5										
<b>Cal:794 Na:900mg</b>		<b>Cal:725 Na:1056mg</b>		<b>Cal:680 Na:1007mg</b>		<b>Cal:796 Na:836mg</b>		<b>Cal:780 Na:883mg</b>			



**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**