

Ethos Allergen Aware Menu- April 2025



A suggested donation of \$2.00 is requested. All nutrition information was provided by City Fresh Foods. Menus are subject to change.

Meals are prepared and produced in a facility that handles gluten, fish, shellfish, dairy, eggs and soy.

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.

Monday 3/31		Tuesday 4/1		Wednesday 4/2		Thursday 4/3		Friday 4/4	
		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 4/7		Tuesday 4/8		Wednesday 4/9		Thursday 4/10		Friday 4/11	
Gluten Free Pizza w/ Dairy-Free 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	

Need help buying groceries?
SNAP can help!



SNAP can help you buy healthy food.

- It is fast & easy to apply
- Buy food in stores & online (multiple retailers)
- SNAP is not considered in a “public charge” test
- If you are not a US citizen or eligible immigrant, it is safe for you to get SNAP for an eligible family member (like your US citizen child)

Am I Eligible for SNAP?

Household Size	Your Monthly Income (before taxes)*	Monthly Maximum SNAP Amount*
1	\$2,608	\$292
2	\$3,525	\$536
3	\$4,442	\$768
4	\$5,358	\$975
5	\$6,275	\$1,158
8+	+ \$917	+\$220

For more information or to apply for SNAP:



Scan code with phone camera to apply online



[DTAConnect.com](https://dtacconnect.com)



877-382-2363 Mon – Fri 8:15 am-4:45 pm




Mail or Fax a paper application
Get a paper application: [Mass.gov/SNAP](https://mass.gov/snap)



In the community: local kiosk, SNAP outreach partner, DTA office
Find a location near you: [Mass.gov/ContactDTA](https://mass.gov/contactDTA)

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

Ethos Allergen Aware Menu- April 2025

Monday 4/14		Tuesday 4/15		Wednesday 4/16		Thursday 4/17		Friday 4/18	
Peri Peri Chicken, Quinoa, Brussel Sprouts, Fruit		Sweet & Sour Chicken, Whole Grain Brown Rice, Corn w/ Peppers, Fruit		Homemade Turkey Meatballs w/ Marinara, Gluten Free Pasta, Broccoli, Fruit		Gluten Free Crispy Chicken, Quinoa, Plantains, Fruit		Gluten Free Pizza w/ BBQ Chicken & Dairy-Free Cheese, Broccoli, Fruit	
Monday 4/21		Tuesday 4/22		Wednesday 4/23		Thursday 4/24		Friday 4/25	
 Ethos is closed in observance of Patriots' Day. Frozen meals are delivered week of April 14, 2025.									
		Chicken & Dairy-Free Cheese Quesadilla w/ Corn Tortilla, Black Beans, Fruit		Chicken Taco "Casserole", Quinoa, Corn & Peppers, Fruit		Turkey Bolognese, Gluten Free Pasta, Broccoli, Fruit		Sweet & Sour Turkey Meatballs, Brown Rice, Zucchini Squash, Fruit	
Monday 4/28		Tuesday 4/29		Wednesday 4/30		Questions about the menus or concerns with your nutrition status? Please contact the Ethos dietitian at 617-477-6606.			
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					

Jump into Spring with More Fruits and Veggies!

- *From the Desk of the Community Dietitian at Ethos*

More fruits and veggies are blooming into season. Besides being high in fiber, their bright colors contain compounds that offer a variety of health benefits—and their own unique colors. In fact, the darker the color of fruits or veggies, the more vitamins, minerals and antioxidants they contain. So, in summary, eat the rainbow!

