

Ethos HDM Menu - April 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 3/31		Tuesday 4/1		Wednesday 4/2		Thursday 4/3		Friday 4/4	
	Na+		Na+		Na+	Red Sox Opener Meal - High Sodium	Na+		Na+
Italian Sausage	751	Chicken and Broccoli Ziti	401	Turkey Roast	512	Hot Dog (Beef & Pork)	490	Baked Stuffed Manicotti	450
w/ Roasted Peppers & Onions	38	Sliced Carrots	55	w/ LS Gravy	56	w/ Hot Dog Bun	190	w/ Creamy Florentine Sauce	206
Mixed Vegetables	28	Garlic Knot	219	Green Peas	62	Baked Beans	140	Italian Blend Vegetables	37
WG Breadstick	65	Fruited Muffin	250	Diced Butternut Squash	3	Peas & Carrots	62	Wheat Roll	169
Fresh Fruit	1			Cranberry Sauce	7	Pretzel Goldfish	200	Fresh Fruit	4
				Wheat Bread	170	Ketchup Pkt	82		
				Peach Fruit Cup		Mustard Pkt	55		
Cal: 719 Na: 1043		Cal: 728 Na: 1085		Cal: 977 Na: 969		Cal: 758 Na: 1379		Cal: 805 Na: 1026	
Monday 4/7		Tuesday 4/8		Wednesday 4/9		Thursday 4/10		Friday 4/11	
	Na+	Cold Sandwich Meal	Na+		Na+		Na+		Na+
Shepherd's Pie (Beef)	397	Tuna Salad Sandwich	504	New England Beef Stew	213	Herb Baked Chicken	506	Eggplant Parmesan	160
w/ Whipped Potatoes	60	w/ Multigrain Bread (2)	215	w/ Egg Noodles	157	w/ LS Gravy	16	w/ Tomato Sauce	134
Steamed Broccoli	22	White Bean Salad	199	Zucchini & Squash	11	Red Roasted Potatoes	38	Bowtie Pasta	1
Biscuit	267	Fresh Fruit		Biscuit	267	Brussels Sprouts	14	Italian Green Beans	4
Raisins	4			SF Chocolate Pudding	115	Wheat Roll	169	Garlic Knot	219
						Birthday Cake w/ Whipped Topping	221	Mixed Fruit Cup	10
Cal: 811 Na: 910		Cal: 716 Na: 1079		Cal: 853 Na: 922		Cal: 679 Na: 1124		Cal: 751 Na: 689	

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://www.dtaconnect.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://www.mass.gov/SNAP)




In the community: local kiosk, SNAP outreach partner, DTA office

Find a location near you: [Mass.gov/ContactDTA](https://www.mass.gov/ContactDTA)

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

Ethos HDM Menu - April 2025

Monday 4/14		Tuesday 4/15		Wednesday 4/16		Thursday 4/17		Friday 4/18	
	Na+		Na+		Na+		Na+	<i>Holiday Meal</i>	Na+
Chicken Brunswick Stew	318	Cheese Tortellini	530	Turkey Bolognese	267	Meatloaf w/ Mushroom Gravy	276	Baked Pollock	180
Honey Glazed Carrots	38	w/ Tomato Cream Sauce	180	w/ Penne Pasta	1	Garlic Mashed Potatoes	60	w/ Lemon Butter Sauce	183
Potato Wedges	267	Green Beans	4	Steamed Cauliflower	13	Peas & Carrots	62	Sauteed Spinach	88
Wheat Bread	169	Garlic Knot	219	Wheat Roll	169	Biscuit	267	Rice Pilaf	30
Vanilla Pudding Cup	130	Fresh Fruit	4	Applesauce Cup	14	Oatmeal Cookie	75	Wheat Bread	170
								Pineapple Fruit Cup	1
Cal: 738 Na: 1136		Cal: 798 Na: 1097		Cal: 652 Na: 633		Cal: 797 Na: 900		Cal: 856 Na: 812	

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.		Na+		Na+	<i>Hot Sandwich Meal</i>	Na+		Na+		
	Bone-In, Honey "Fried" Chicken	450	Mac n' Cheese Primavera	435	Italian Meatball Sub (Beef)	128	Mexican Braised Pork	300		
	Stewed Tomatoes	191	Steamed Spinach	80	w/ Tomato & Cheese	208	w/ Yellow Rice, Corn, Black Beans, Tomatoes	65		
	Parsley Potatoes	6	Wheat Roll	169	White Sub Roll	330	Sweet Potatoes	162		
	Wheat Bread	170	Fresh Fruit	4	California Blend Vegetables	27	Cornbread Loaf	179		
	Pear Fruit Cup	5			Peach Fruit Cup	1	Sugar-Free Cookie			
							Sour Cream Pkt			
Cal: 708 Na: 933			Cal: 830 Na: 848			Cal: 657 Na: 956			Cal: 1105 Na: 944	

Monday 4/28		Tuesday 4/29		Wednesday 4/30	
	Na+		Na+		Na+
Chicken Cordon Royale	550	Buffet Ham	570	Baked Salmon	75
w/ LS Gravy	28	w/ Raisin Sauce	5	w/ Dijon Cream Sauce	60
Rice Pilaf	30	Garlic Mashed Potatoes	60	Roasted Dill Potatoes	38
Steamed Broccoli	22	Green Peas	62	Steamed Asparagus	3
Wheat Roll	153	Wheat Bread	170	Wheat Bread	170
Fresh Fruit	1	Strawberry Bar	85	Tropical Fruit Cup	1
Cal: 779 Na: 944		Cal: 738 Na: 1112		Cal: 663 Na: 506	

Questions about the menus or concerns with your nutrition status? Please contact the Ethos dietitian at 617-477-6606.

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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!



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