

Ethos Traditional 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.

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	
	Na+		Na+		Na+		Na+		Na+
		Creamy Balsamic Chicken	155	Roast Turkey w/ Gravy	400	Pulled Pork Tacos w/ Lime Wedge	404	Potato Pollock	330
		Rice Pilaf	50	Mashed Potatoes	22	Brown Rice	25	Sweet Potato Wedges	150
		Mixed Vegetables	51	Broccoli	29	Black Beans, Corn & Peppers	61	Vegetable Medley	54
		Dinner Roll	100	Oatmeal Roll	260	Mini Tortillas (2)	270	Wheat Roll	150
		Chocolate Chip Cookie	80	Pudding	130	Fruit	0	Mandarin Cup	5
								Tartar Sauce	115
		Cal:898 Na:571mg		Cal:694 Na:976mg		Cal:788 Na:895mg		Cal:715 Na:939mg	
Monday 4/7		Tuesday 4/8		Wednesday 4/9		Thursday 4/10		Friday 4/11	
	Na+		Na+		Na+		Na+		Na+
Meatloaf w/ Gravy	545	Shrimp Scampi	450	Tomato Bruschetta Chicken	330	Braised Beef & Vegetables	155	Powerhouse Bean Chili	437
Mashed Potatoes	22	Whole Grain Pasta	4	Roasted Potatoes	85	Polenta	4	w/ Sweet Potatoes	
Spinach & Peppers	65	Carrots	56	Green Peas	20	Brussel Sprouts	26	w/ Shredded Cheese	96
Wheat Roll	150	Dinner Roll	100	Wheat Bread	65	Oatmeal Roll	260	California Blend Vegetables	34
Pudding	130	Fruit	0	Banana Bread	240	Fruit	0	Whole Grain Cornbread	180
								Mixed Fruit	5
Cal:704 Na:1047mg		Cal:680 Na:746mg		Cal:844 Na:875mg		Cal:653 Na:580mg		Cal:719 Na:887mg	

**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)



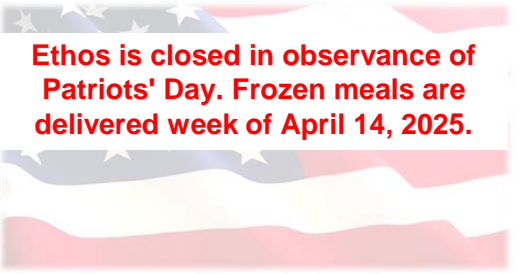
In the community: local kiosk, SNAP outreach partner, DTA office

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

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Monday 4/14		Tuesday 4/15		Wednesday 4/16		Thursday 4/17		Friday 4/18	
	Na+		Na+	Holiday Meal - High Sodium	Na+		Na+		Na+
Cheese Lasagna	390	Honey Mustard Chicken Thigh	262	Baked Ham w/	588	Shepherd's Pie (Beef)	313	Tuscan White Fish	413
w/ Turkey Bolognese & Parmesan	278	White Rice	25	Maple Brown Sugar Glaze		w/ Mashed Potatoes		Rice Pilaf	50
Carrots	56	Broccoli	38	Potatoes au Gratin	360	Corn, Peas		Zucchini Squash	20
Dinner Roll	100	Wheat Bread	65	Green Beans	20	Mixed Vegetables	51	Wheat Bread	65
Fruit	0	Pudding	135	Dinner Roll	100	Dinner Roll	100	Fruit	0
				Pound Cake	240	Cinnamon Apples	3		
Cal:777 Na:959mg		Cal:824 Na:660mg		Cal:741 CHO:95g Na:1413mg		Cal:771 Na:602mg		Cal:763 Na:683mg	

Monday 4/21		Tuesday 4/22		Wednesday 4/23		Thursday 4/24		Friday 4/25	
	Na+		Na+		Na+		Na+		Na+
		Italian Sausage Abruzzi	650	Chicken w/	378	Garlic Butter Salmon	113	Cheeseburger	365
		Bowtie Pasta	4	Mushroom Cream Sauce		w/ Lemon Wedge		Potato Wedges	20
		Brussel Sprouts	26	Mashed Potatoes	22	Orzo Primavera	105	Green Beans & Red Peppers	20
		Wheat Roll	150	Carrots	56	Broccoli	38	Wheat Hamburger Bun	80
		Fruit	0	Oatmeal Roll	260	Hawaiian Roll	80	Fruit	0
				Pudding	130	Blueberry Bread	250	Ketchup	85
		Cal:729 Na:965mg		Cal:773 Na:981mg		Cal:963 CHO:104g Na:721mg		Cal:811 CHO:90g Na:705mg	

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.
	Na+		Na+		Na+	
American Chop Suey (Turkey)	265	BBQ Chicken	383	Teriyaki Beef	480	
Whole Grain Pasta	4	Baked Beans	140	White Rice	25	
Mixed Vegetables	51	Carrots	56	Green Peas	20	
Dinner Roll	100	Cornbread Loaf	180	Wheat Roll	150	
Oatmeal Cookie	90	Fruit	0	Fruit	0	
Cal:755 Na:645mg		Cal:831 Na:894mg		Cal:773 Na:810mg		

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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