

Ethos Kosher Menu - May 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.

Announcements!

Ethos is closed for Memorial Day: Monday, May 26, 2025. Frozen meals are delivered the week of May 20, 2025.



Thursday 5/1					Friday 5/2				
Seared Cod Cakes White Rice Roasted Zucchini Apple Sauce Wheat Bread					Chicken Cacciatore Rice Pilaf Green Beans Fruit Rye Bread				
Monday 5/5		Tuesday 5/6		Wednesday 5/7		Thursday 5/8		Friday 5/9	
Meatball Stroganoff Mashed Potatoes Carrots Seasonal Fruit Rye Bread		Pot Roast Mashed Potatoes Bean Medley Diced Pears Wheat Bread		Chicken Stir Fry Basmati Rice Corn Seasonal Fruit Rye Bread		Lemon and Dill Baked Cod Herbed Orzo Pilaf Broccoli Fresh Fruit Dinner Roll		Chicken Stew O'Brien Potatoes Cauliflower Fruit Rye Bread	

May is Older Americans Month

Eating a balanced diet and staying active can help prevent malnutrition. Malnutrition is when a person’s body is either undemourished or over-nourished that can lead to medical complications. When most people think malnutrition, they think undernourished people who don’t have enough calories or nutrients to survive. However, malnutrition also means people who are over-nourished in calories, but not enough in nutritious foods.

Risk Factors: Low appetite, loss of muscle or fat, not enough healthy foods, bone density loss

Signs & Symptoms: Unplanned weight loss or weight gain, decreased appetite or ability to eat food, fatigue, fluid retention

If you notice any of these signs and symptoms, please contact the Ethos Dietitian at 617-477-6606.




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

**Ethos Kosher HDM Menu - May 2025**

Broccoli and Farfalle Alfredo		Chicken Marsala		Beef Burgundy		Honey Roasted Chicken		Glazed Meatloaf	
Bow Tie Pasta		Quinoa Pilaf		Roasted Potatoes		Lemon Rice		Mashed Potatoes	
Grilled Summer Vegetables		Steamed Carrots		Wax Beans		Broccoli		Green Beans	
Apple Sauce		Seasonal Fruit		Seasonal Fruit		Tropical Fruit		Fruit	
Rye Bread		Dinner Roll		Rye Bread		Wheat Bread		Rye Bread	

Makaroni Po Flotski		Sweet-Tangy Glazed		Roasted Turkey		Spinach and Onion		Chicken Shnitzel	
Bow Tie Pasta		Chicken Tenders		Herbed Stuffing		Mac N Cheese		Lemon Rice	
Grilled Summer Vegetables		Garlic Rice		Butternut Squash		Cavatappi Pasta		Chopped Broccoli	
Apple Sauce		Bean Medley		Seasonal Fruit		Carrots		Seasonal Fruit	
Rye Bread		Peaches		Rye Bread		Apple Sauce		Rye Bread	
		Dinner Roll				Wheat Bread			

Monday, 5/19	Tuesday, 5/20	Wednesday, 5/21	Thursday, 5/22	Friday, 5/23
<p><b>CLOSED FOR MEMORIAL DAY</b></p>  <p><b>Frozen meals are delivered week of May 20, 2025</b></p>	<p>Beef Kotleti</p> <p>Red Bliss Potatoes</p> <p>Green Peas</p> <p>Fresh Fruit</p> <p>Dinner Roll</p>	<p>Tortellini Primavera</p> <p>Four Cheese Sauce</p> <p>Carrots</p> <p>Fresh Fruit</p> <p>Rye Bread</p>	<p>Seared Cod Cakes</p> <p>White Rice</p> <p>Roasted Zucchini</p> <p>Apple Sauce</p> <p>Wheat Bread</p>	<p>Chicken Cacciatore</p> <p>Rice Pilaf</p> <p>Green Beans</p> <p>Fruit</p> <p>Rye Bread</p>

**BOSTON FOOD RESOURCES**

### Fair Foods Sites

Fair Foods sites offer bags of fresh produce for only \$2. Visit [www.bit.ly/fairfoods20](http://www.bit.ly/fairfoods20)



## Food Pantries

Food pantries provide groceries to those in need, regardless of immigration status. Visit [www.gbfb.org/need-food](http://www.gbfb.org/need-food)



## Apply for SNAP

SNAP can help you or your family afford food.  
Call Project Bread at 1-800-645-8333



## Shop at Double Up Stores

Shop with SNAP to get 50% off  
your fresh fruits and vegetables.  
Save up to \$10 each day.  
Visit [www.boston.gov/doubleup](http://www.boston.gov/doubleup)



## Use HIP at Farmers' Markets

Save when you shop with your EBT card at participating HIP farm vendors.  
For more information visit [www.boston.gov/healthy-incentives](http://www.boston.gov/healthy-incentives)



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