

## Ethos HDM Allergen Menu- February 2026



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 2/2

Tuesday 2/3

Wednesday 2/4

Thursday 2/5

Friday 2/6

BBQ Chicken  
Brown Rice  
Broccoli  
Fruit

American Chop Suey  
Gluten Free Pasta  
Carrots  
Fruit

Chicken Fajitas w/ Peppers  
Onions, Dairy- Free Cheese  
Corn Tortilla  
Fruit

Carribean Chicken w/ Peppers  
Whole Grain Grits  
Black Beans  
Fruit

Pulled Honey Jerk  
Chicken Sandwich  
Brussel Sprouts  
Fruit

Monday 2/9

Tuesday 2/10

Wednesday 2/11

Thursday 2/12

Friday 2/13

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  
Dairy Free Cheese  
Corn Tortilla Chips  
Fruit

Turkey Bolognese  
Gluten Free Pasta  
Carrots  
Fruit

### 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.

**Alternative Food Resources:** Here are some additional food resources for the colder months.  
 -Call or text Project Bread's Hotline at 1-800-645-8333. Regular hours are Mon-Fri 8a-7p and Sat 10a-2p  
 -To see if you qualify for SNAP benefits, call 617-598-5022 or email [SNAP@GBFB.org](mailto:SNAP@GBFB.org)  
 -Call 2-1-1 to get connected to MA food security, transportation, and behavioral health resources.

### **HDM Hot Meal Reheating Instructions:**

1. Peel or slit the plastic film of your HDM tray.
2. Microwave for 2-3 minutes or place meal on a cookie sheet to heat in 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**

# Ethos HDM Allergen Menu- February 2026

Monday 2/16	Tuesday 2/17	Wednesday 2/18	Thursday 2/19	Friday 2/20
<b>WE WILL BE CLOSED ON PRESIDENTS DAY</b> 	Sweet & Sour Chicken Whole Grain Brown Rice Corn w/ Peppers Fruit	Ash Wednesday Homemade Turkey Meatballs Marinara & Gluten Free Pasta Broccoli Fruit	Gluten Free Cirspy Chicken Quinoa Plantains Fruit	Lent Gluten Free Pizza w/ BBQ Chicken Dairy Free Cheese Carrots Fruit
Frozen meals delivered week of 2/9/26				
Monday 2/23	Tuesday 2/24	Wednesday 2/25	Thursday 2/26	Friday 2/27
Dairy Free Chicken Alfredo Gluten Free Pasta Broccoli Fruit	Chicken & Dairy Free Cheese Quesadilla w/ Corn Tortilla Black Beans Fruit	Chicken Taco "Cassarole" Quinoa Corn & Peppers Fruit	Turkey Bolognese Gluten Free Pasta Broccoli Fruit	Lent Sweet & Sour Turkey Meatballs Brown Rice Zucchini Squash Fruit



## **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 or choose a movement that works best for you (i.e. chair exercises).

Visit the [American Heart Association](#) or the [National Heart, Lung, and Blood Institute](#) websites to find community events, educational resources, and publications.

### **Residential Exemption in Massachusetts**

-The residential exemption reduces your tax bill by excluding a portion of your residential property's value from taxation. This fiscal year, the residential exemption saved qualified Boston homeowners up to \$4,353.74 on their tax bill.  
-For Fiscal year 2026, you have until April 1, 2026 to file an application.  
-call Taxpayer Referral and Assistance Center at 617-635-4287 to see if you're eligible or to request an application

### **Senior Circuit Breaker Tax Credit**

-The Massachusetts "Circuit Breaker" tax credit provides tax relief for low to moderate income older adults age 65+.  
-Available to renters & homeowners based on certain eligibility requirements  
-Contact the MA Department of Revenue for more info by calling 617-887-6367 or visit [mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit](http://mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit)