

Ethos HDM Vegetarian 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	
	Na+		Na+		Na+		Na+		Na+
Braised Veggie Sausage & Vegetables	470	Refried Bean & Cheese Tacos	566	Vegetarian Pot Pie	365	Tuscan Fritters	495	Maple Glazed Chik'n	372
Mashed Potatoes	23	Cilantro Lime Rice	67	Whole Grain Buttermilk Biscut	370	Roasted Potatoes	85	Butternut Squash	12
Vegetable Medley	54	Black Beans, Corn & Peppers	61	Broccoli	38	California Blend Vegetables	34	Green Beans & Red Peppers	30
Wheat Bread	65	Tortilla Wrap	135	Fig Newton	180	Cornbread Loaf	180	Hawaiian Roll	80
Chocolate Pudding	135	Orange	0		30	Applesauce	0	Orange	1
Cal:832 Na:882mg		Cal:680 Na:964mg		Cal:915 Na:1088mg		Cal:690 Na:929mg		Cal:780 Na:630mg	
Monday 2/9		Tuesday 2/10		Wednesday 2/11		Thursday 2/12		Friday 2/13	
	Na+		Na+		Na+	Holiday Meal	Na+	Happy Valentine's Day	Na+
Creamy Cajun Beans	527	Vegetarian Chop Suey	530	Tofu & Artichoke Scampi	215	Veggie Sausage w/ Gravy	520	Vegetarian Shepherd's Pie	-
Mashed Potatoes	23	Whole Grain Pasta	4	Whole Grain Pasta	4	Baked Sweet Potatoes	21	Mashed Potatoes, Corn & Peas	530
Carrots	54	Broccoli	38	Green Peas	20	Vegetable Medley	50	Green Beans	20
Dinner Roll	100	Wheat Bread	65	Wheat Roll	150	Wheat Roll	150	Cornbread Loaf	180
Vanilla Pudding	130	Fruit Cup	5	Banana	1	Chocolate Chip Blondie	190	Peach Fruit Cup	5
Cal:774 Na:969mg		Cal:761 Na:777mg		Cal:805 Na:525mg		Cal:770 Na:1066mg		Cal:877 Na:870mg	

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
-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

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Monday 2/16		Tuesday 2/17		Wednesday 2/18		Thursday 2/19		Friday 2/20	
WE WILL BE <u>CLOSED</u> ON PRESIDENTS DAY 			Na+	Ash Wednesday	Na+		Na+	Lent	Na+
		Chik'n Anna Maria	538	Egg & Cheese Broccoli Bake	315	Vegetarian Stroganoff	600	Veggie Fritters w/Herbed Aioli	524
		White Rice	25	Whole Grain Buttermilk Biscuit	370	Egg Noodles	7	Garlic Mashed Potatoes	23
		Carrots	54	Mixed Vegetables	51	Brussel Sprouts	26	Broccoli	38
		Wheat Roll	150	Pound Cake	240	Wheat Roll	150	Wheat Bread	65
		Banana	1			Cinnamon Apples	3	Chocolate Chip Cookie	80
Frozen meals delivered week of 2/9/26		Cal:705 Na:903mg		Cal:782 Na:1111mg		Cal:752 Na:921mg		Cal:766 Na:865mg	

Monday 2/23		Tuesday 2/24		Wednesday 2/25		Thursday 2/26		Friday 2/27	
	Na+		Na+		Na+		Na+	Lent	Na+
Stewed Tomato Garbanzo Beans	400	3 Bean Chili w/ Cheese	535	Teriyaki Tofu	437	Vegetarian Meatloaf w/ Gravy	495	Cheesy Vegetable & Rice Casserole	-
Rice Pilaf	50	Whole Grain Buttermilk Biscuit	370	White Rice	25	Garlic Mashed Potatoes	23	Seasoned Rice	480
Kale & Red Peppers	29	Mixed Root Vegetables	65	Edamame, Corn & Peppers	22	Carrots	56	Green Peas	20
Wheat Roll	150	Pear	1	Cornbread Loaf	180	Wheat Bread	65	Dinner Roll	100
Vanilla Pudding	130			Banana	1	Orange	1	Oatmeal Cookie	90
Cal:761 Na:894mg		Cal:755 Na:894mg		Cal:795 Na:800mg		Cal:716 Na:775mg		Cal:742 Na:825mg	



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

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