

**Ethos HDM Hot 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.**

***To cancel a meal, please call 617-477-6606 by 9AM the previous day.***

Monday 2/2		Tuesday 2/3		Wednesday 2/4		Thursday 2/5		Friday 2/6	
	Na+		Na+		Na+		Na+		Na+
Chicken Pot Pie	321	Italian-Style Unstuffed Cabbage	316	Broccoli and Cheese Stuffed Chicken	410	Fall Ravioli w/ Marsala Cream Sauce	320	Roast Turkey w/ Gravy	584
Mashed Potatoes	60	White Rice	15	w/ Gravy	28	w/ Parmesan Cheese	120	Scalloped Potatoes	47
Broccoli	22	Green Beans	4	O'Brien Potatoes	25	Lemon Garlic and Oil Kale	21	Asparagus	3
Biscuit	267	Wheat Dinner Roll	169	California Blend Vegetables	27	Breadstick	65	Wheat Bread	170
Apple	1	Pear	2	Wheat Dinner Roll	169	Lemon Bar	157	Sugar Free Cookie	70
Cal: 807 Na: 832mg		Cal: 1159 Na: 666mg		Cal: 687 Na: 818mg		Cal: 747 Na: 843mg		Cal: 784 Na: 1034mg	
Monday 2/9		Tuesday 2/10		Wednesday 2/11		Thursday 2/12		Friday 2/13	
	Na+		Na+		Na+		Na+		Na+
Italian Stuffed Shells	340	Turkey Skillet		Sliced Honey Buffet Ham	668	Grilled Chicken w/ Gravy	352	Meatloaf w/ Mushrom Gravy	268
w/ Meatsauce	153	w/ white rice and vegetables	503	w/ Sweet Pineapple Sauce	5	Couscous	45	Garlic Mashed Potatoes	30
Italian Blend Vegetables	37	Buttered Carrots	91	Sweet Potatoes	42	Mixed Vegetables	28	Buttered Carrots w/ Thyme	91
Wheat Dinner Roll	169	Dinner Roll	153	Buttered Brussel Sprouts	49	Garlic Knot	219	Wheat Dinner Roll	169
Chocolate Pudding Cup	151	Applesauce	15	Wheat Bread	170	Orange	4	Strawberry Shortcake w/ Whipped Topping	
Cal: 698 Na: 1011mg		Cal: 710 Na: 921mg		Cal: 693 Na: 1095mg		Cal: 690 Na: 808mg		Cal: 751 Na: 986mg	

ANNOUNCEMENTS									
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**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 Hot Menu- February 2026

Monday 2/16		Tuesday 2/17		Wednesday 2/18		Thursday 2/19		Friday 2/20	
<div>WE WILL BE CLOSED ON</div> <div>PRESIDENTS DAY</div> <div></div>			Na+	Ash Wednesday	Na+		Na+	Lent	Na+
		Teriyaki Chicken Wings	667	Baked Pollock	97	Beef and Lentil Chili	157	Eggplant Rollatini	270
		White Rice	15	w/ Butter Crumb Topping	44	w/ cheddar cheese and sour cream	100	w/ Pink Tomato Sauce	272
		Asian Blended Vegetables	18	and White Wine Garlic Butter Sauce	183	Baked Potato Half	4	& Parsley over Spaghetti	1
		Cornbread Loaf	179	Smashed Potatoes	205	Asparagus	3	Italian Green Beans	4
		Pineapple Cup	1	Buttered Peas	97	Dinner Roll	153	Garlic Knot	219
				Wheat Bread	170	Birthday Cake	223	Orange	4
				Apple					
Frozen meals delivered week of 2/9/26		Cal: 722 Na: 1040mg		Cal: 802 Na: 958mg		Cal: 844 Na: 800mg		Cal: 875 Na: 930mg	

Monday 2/23		Tuesday 2/24		Wednesday 2/25		Thursday 2/26		Friday 2/27	
	Na+		Na+		Na+		Na+	Lent	Na+
Potato Turkey Stew	408	American Chop Suey	394	Honey Stung Fried Chicken	543	Roast Pork Tenderloin	248	Potato Crunch Pollock	300
Brown Rice	20	w/ Tomato Sauce	198	w/ Gravy	28	w/ Robert Sauce	331	w/ Lemon Wedge	0
Buttered California Blend Vegetables	62	Green Beans	4	Mashed Potatoes	60	Red Roasted Potatoes	38	Seasoned Potato Wedges	267
Wheat Dinner Roll	169	Wheat Dinner Roll	169	Corn on the Cob	6	Buttered Brussel Sprouts	49	Mixed Vegetables	28
Lemon Blueberry Bites	60	Pear	2	Cornbread Loaf	179	Wheat Bread	170	Wheat Bread	170
				Mixed Fruit Cup	1	Strawberry Bar	85	Apple	1
Cal: 688 Na: 878mg		Cal: 812 Na: 926mg		Cal: 921 Na: 977mg		Cal: 713 Na: 1079mg		Cal: 773 Na: 926mg	



**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](https://mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit)