

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.

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
Peach Cup									
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 w/ Meatsauce	340	Turkey Skillet w/ white rice and vegetables	503	Sliced Honey Buffet Ham w/ Sweet Pineapple Sauce	668	Grilled Chicken w/ Gravy	352	Meatloaf w/ Mushrom Gravy	268
Italian Blend Vegetables	153	Buttered Carrots	91	Sweet Potatoes	5	Couscous	45	Garlic Mashed Potatoes	30
Wheat Dinner Roll	37	Dinner Roll	153	Buttered Brussel Sprouts	42	Mixed Vegetables	28	Buttered Carrots w/ Thyme	91
Chocolate Pudding Cup	169	Applesauce	15	Wheat Bread	49	Garlic Knot	219	Wheat Dinner Roll	169
					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

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

Ethos HDM Hot Menu- February 2026

Monday 2/16	Tuesday 2/17	Wednesday 2/18			Thursday 2/19			Friday 2/20	
WE WILL BE CLOSED ON PRESIDENTS DAY *****  *****		Na+	Ash Wednesday	Na+		Na+	Lent	Na+	
		Teriyaki Chicken Wings White Rice Asian Blended Vegetables Cornbread Loaf Pineapple Cup	667 15 18 179 1	Baked Pollock w/ Butter Crumb Topping and White Wine Garlic Butter Sauce Smashed Potatoes Buttered Peas Wheat Bread Apple	97 44 183 205 97 170	Beef and Lentil Chili w/ cheddar cheese and sour cream Baked Potato Half Asparagus Dinner Roll Birthday Cake	157 100 4 3 153 223	Eggplant Rollatini w/ Pink Tomato Sauce & Parsley over Spaghetti Italian Green Beans Garlic Knot Orange	270 272 1 4 219 4
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	
Potato Turkey Stew Brown Rice Buttered California Blend Vegetables Wheat Dinner Roll Lemon Blueberry Bites	408 20 62 169 60	American Chop Suey w/ Tomato Sauce Green Beans Wheat Dinner Roll Pear	394 198 4 169 2	Honey Stung Fried Chicken w/ Gravy Mashed Potatoes Corn on the Cob Cornbread Loaf Mixed Fruit Cup	543 28 60 6 179 1	Roast Pork Tenderloin w/ Robert Sauce Red Roasted Potatoes Buttered Brussel Sprouts Wheat Bread Strawberry Bar	248 331 38 49 170 85	Potato Crunch Pollock w/ Lemon Wedge Seasoned Potato Wedges Mixed Vegetables Wheat Bread Apple	300 0 267 28 170 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