

## Ethos HDM Kosher 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

Makaroni Po Flotski  
Macaroni & Beef  
Mixed Begetbales  
Rye Bread  
Fruit

Pot Roast  
Mashed Potatoes  
Bean Medley  
Dinner Roll  
Peaches

Chicken Stir Fry  
Basmati Rice  
Corn  
Rye Bread  
Fruit

Spinach & Onion Mac & Cheese  
Cavatappi Pasta  
Chopped Broccoli  
Wheat Bread  
Apple Sauce

Chicken Shnitzel  
Lemon Rice  
Tri-Color Cauliflower  
Rye Bread  
Fruit

Monday 2/9

Tuesday 2/10

Wednesday 2/11

Thursday 2/12

Friday 2/13

Italian Rosemary Chicken  
Mashed Potatoes  
Carrots  
Rye Bread  
Fruit

Beef Kotleti  
Red Bliss Potatoes  
Green Peas  
Dinner Roll  
Fruit

Sweet- Tangy Glazed Chicken Tenders  
Home Fries  
Bean Medley  
Wheat Bread  
Fruit

Seared Cod Cakes  
White Rice  
Roasted Zucchini  
Wheat Bread  
Apple Sauce

Chicken Cacciatore  
Rice Pilaf  
Green Beans  
Rye Bread  
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 Kosher 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> 	Tortellini Primavera Four Cheese Sauce Mixed Vegetables Dinner Roll Dice Pear	Roasted Turkey Herbed Stuffing Butternut Squash Rye Bread Fruit	Lemn & Dill Baked Cod Herbed Orzo Pilaf Broccoli Dinner Roll Dice Peach	Chicken Stew O'Brian Potatoes Cauliflower Rye Bread Fruit
Frozen meals delivered week of 2/9/26				

Monday 2/23	Tuesday 2/24	Wednesday 2/25	Thursday 2/26	Friday 2/27
Broccoli & Farfale Alfredo Bow Tie Pasta Grilled Summer Vegetables Rye Bread Fruit	Chicken Marsala Quinoa Pilaf Steamed Carrots Dinner Roll Apple Sauce	Beef Burgundy Roasted Potatoes Wax Beans Rye Bread Fruit	Honey Roasted Chicken Lemon Rice Broccoli Wheat Bread Fruit	Glazed Meatloaf Mashed Potatoes Green Beans Rye Bread Fruit

	<p><b>February is American Heart Month!</b> - From the Desk of the Community Dietitian at Ethos</p> <p>These dietary recommendations can help control blood pressure and reduce the risk for kidney disease, heart attack, stroke and vascular dementia.</p> <ul style="list-style-type: none"> <li>• Choose foods with low or no salt</li> <li>• Limit fatty foods, red meat and sugary beverages.</li> <li>• Increase fruits and vegetables with meals and snacks.</li> <li>• Exercise regularly, about 30 minutes daily or choose a movement that works best for you (i.e. chair exercises).</li> </ul> <p>Visit the <a href="#">American Heart Association</a> or the <a href="#">National Heart, Lung, and Blood Institute</a> websites to find community events, educational resources, and publications.</p>	<p><b>Residential Exemption in Massachusetts</b></p> <p>-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.</p> <p>-For Fiscal year 2026, you have until April 1, 2026 to file an application.</p> <p>-call Taxpayer Referral and Assistance Center at 617-635-4287 to see if you're eligible or to request an application</p>	<p><b>Senior Circuit Breaker Tax Credit</b></p> <p>-The Massachusetts "Circuit Breaker" tax credit provides tax relief for low to moderate income older adults age 65+.</p> <p>-Available to renters &amp; homeowners based on certain eligibility requirements</p> <p>-Contact the MA Department of Revenue for more info by calling 617-887-6367 or visit <a href="http://mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit">mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit</a></p>
	<p><b>Please notify Ethos of any life threatening food allergies @ 617-477-6606</b></p>		