

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		Happy Valentine's Day 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
-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

Friday 2/27

Glazed Meatloaf
Mashed Potatoes
Green Beans
Rye Bread
Fruit



- 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://www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit)

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