

# Ethos HDM Allergen Menu-March 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 3/2	Tuesday 3/3	Wednesday 3/4	Thursday 3/5	Friday 3/6
BBW Chicken Brown Rice Broccoli Fruit	American Chop Suey Gluten Free Pasta (Turkey) Carrots Fruit	Chicken Fajitas Peppers, Onions, Dairy-Free Cheese Corn Tortilla Fruit	Caribbean Chicken w/ Peppers, Whole Grain Grits Black Beans Fruit	Pulled Honey Jerk Chicken Sandwich Brussel Spourts Fruit
Monday 3/9	Tuesday 3/10	Wednesday 3/11	Thursday 3/12	Friday 3/13
Gluten Free Pizza Dairy-free Cheese BBQ Chicken Broccoli Fruit	Gluten Free Crispy Chicken Sandwich Gluten Free Bun Sweet Potatoes Fruit	Falafel Bites Brown Rice Zucchini Squash Fruit	Sweet Potato Black Bean Nachos Dairy-Free Cheese Corn Tortilla Chips Fruit	Turkey Bolognese Gluten Free Pasta Carrots Fruit

## ANNOUNCEMENTS



**Daylight Savings:** Spring is almost here! Don't forget to move your clock forward by 1 hour on Sunday, 3/8.

**Weather Emergency:** 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.

### **JP@Home is Now Neighbors Connect! Aging Well Together**

-Neighbors Connect is a member-driven community for older adults who want to bring new energy into their lives. The community includes individuals in JP, Roslindale, West Roxbury, Roxbury, Hyde Park, Mission Hill, and Brookline. Together, members build friendships, enjoy a range of activities, support one another, and have fun!

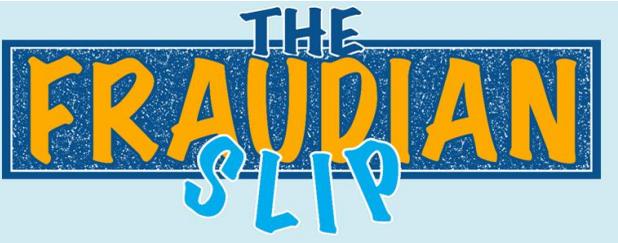
To learn more about membership fees and services, please contact

### JOIN TODAY!

Member Services  
617-477-6934  
ldroster@ethocare.org  
www.ethocare.org/jphome

**Please notify Ethos of any life threatening food allergies @ 617-477-6606**

# Ethos HDM Allergen Menu-March 2026

Monday 3/16	Tuesday 3/17	Wednesday 3/18	Thursday 3/19	Friday 3/20
Honey Mustard Chicken Gluten Free Pasta Brussel Spourts Fruit	Sweet & Sour Chicken Whole Grain Brown Rice Corn, Peppers Fruit	Homemade Turkey Meatballs Marinara, Gluten Free Pasta Broccoli Fruit	Gluten Free Crispy Chicken Quinoa Plantains Fruit	Gluten Free Pizza BBQ Chicken, Dairy-Free Cheese Carrots Fruit
Monday 3/23	Tuesday 3/24	Wednesday 3/25	Thursday 3/26	Friday 3/27
Dairy Free Chicken Alfredo Gluten Free Pasta Broccoli Fruit	Chicken & Dairy-Free Cheese Quesadilla Corn Tortilla, Black Beans Fruit	Chicken Taco "Casserole" Quinoa Corn & Peppers Fruit	Turkey Bolognese Gluetn Free Pasta Broccoli Fruit	Sweet & Sour Turkey Meatballs Brown Rice Zucchini Squash Fruit
Monday 3/30	Tuesday 3/31	<div style="display: flex; align-items: center; justify-content: center;">  <div> <p>Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report heath care fraud, errors, and abuse. Call 800-892-0890 or visit <a href="http://www.masmp.org">www.masmp.org</a> for more information.</p> </div> </div>		
BBQ Chicken Brown Rice Broccoli Fruit	American Chop Suey Gluten Free Pasta (Turkey) Carrots Fruit			

### March is National Nutrition Month!

National Nutrition Month is a time to encourage healthy eating habits for all. For older adults, here are some nutrition tips that can help:

- Eat snacks that have a balance of protein, carbohydrates and fat (ex. tuna salad on some wheat crackers, or a half cup of low fat yogurt with fruit).
- Aim for three meals daily. Eating regularly can help maintain energy levels and overall health.
- Practice techniques to reduce your risk for foodborne illness (ex. wash hands and surfaces when touching raw meat, and before/after food prep).
- Add fruits and vegetables raw or cooked with meals and snacks. They are packed with vitamins and fiber!



### Meal Cancellation Policy

In an effort to reduce food waste, Ethos requests that all HDM clients call by 9AM the day before to cancel meal deliveries. Please call 617-477-6606 for meal cancellations or further information. Thank you for supporting our effort to reduce food waste!

**Please notify Ethos of any life threatening food allergies @ 617-477-6606**