

Ethos HDM Allergen Menu- April 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. Note: An asterisk indicates a high sodium item of >500mg.

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 at least 24 hours in advance.

ANNOUNCEMENTS



Boston, you may be able to get your taxes done for free. Check if you are eligible: Boston.gov/Tax-Help or call Boston Tax Help Coalition at 617-635-4500.

Individual Income Tax Returns are due by 4/15/2026

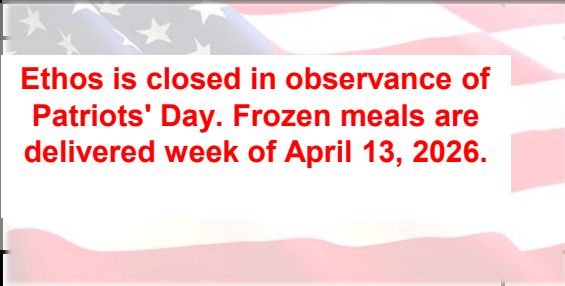
Wednesday 4/1		Thursday 4/2		Friday 4/3	
Chicken Fajitas Onions, Peppers, Dairy-Free Cheese Corn Tortilla Corn Fruit		Caribbean Chicken Peppers Whole Grain Grits Black Beans Fruit		Pulled Honey Jerk Chicken Gluten Free Bun Brussel Sprouts Fruit	
Monday 4/6		Tuesday 4/7		Wednesday 4/8	
Gluten Free Pizza, Dairy- Free Cheese BBQ Chicken Broccoli Fruit		Gluten Free Crispy Chicken Gluten Free Bun Sweet Potatoes Fruit		Falafel Bites Brown Rice Zucchini Squash Fruit	
Thursday 4/9		Friday 4/10			
Sweet Potato & Black Bean Nachos Dairy- Free Cheese Corn Tortilla Chips Fruit		Turkey Bolognese Gluten Free Pasta Carrots Fruit			

ANNOUNCEMENTS

- 1. Earth Day April, 22 2026:** Help us combat food waste! If you know you will not be home for your meal on a certain day, please contact Ethos at [617-477-6606 at least 24 hours in advance](tel:617-477-6606). Same day cancellations contribute to more waste, and Ethos is looking to minimize the amount of meals that end up in our landfills rather than with our community members. If you must cancel the same day, we ask that you do so by **9am**. We appreciate your help as we celebrate Earth Day.
- 2. Storm Packs:** Every individual who receives home delivered meals should have received a storm pack in March. These are shelf stable meals in case there is a storm and drivers cannot deliver meals. If you did not receive one, contact Ethos at 617-477-6606.
- 3. Ethos Home Delivered Meals Program:** If you know of someone who's interested in home delivered meals, please contact the Ethos Nutrition Dept at 617-477-6606. We offer a variety of menus that cater to different cuisines and dietary needs. Our menus can also be found at www.ethocare.org.

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

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Monday 4/13		Tuesday 4/14		Wednesday 4/15		Thursday 4/16		Friday 4/17	
	Honey Mustard Chicken Gluten Free Pasta Brussel Sprouts Fruit		Sweet & Sour Chicken Whole Grain Brown Rice Corn & Peppers Fruit		Homemdade 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 4/20		Tuesday 4/21		Wednesday 4/22		Thursday 4/23		Friday 4/24	
 <p style="color: red; font-weight: bold;">Ethos is closed in observance of Patriots' Day. Frozen meals are delivered week of April 13, 2026.</p>			Chicken & Dairy- Free Cheese Quesadilla Corn Tortilla Black Beans Fruit		Earth Day Chicken Taco Cassarole Quinoa Corn & Peppers Fruit		Turkey Bolognese Gluten Free Pasta Broccoli Fruit		Sweet & Sour Turkey Meatballs Brown Rice Zucchini Squash Fruit
Monday 4/27		Tuesday 4/28		Tuesday 4/29		Thursday 4/30			
	BBQ Chicken Brown Rice Broccoli Fruit		American Chop Suey (Turkey) Gluten Free Pasta Carrots Fruit		Chicken Fajitas Peppers, Onions, Dair-Free Cheese Corn Tortilla Fruit		Caribbean Chicken, Peppers Whole Grain Grits Black Beans Fruit		

Jump into Spring with More Fruits and Veggies!

- From the Desk of the Community Dietitian at Ethos

More fruits and veggies are blooming into season. Besides being high in fiber, their bright colors contain compounds that offer a variety of health benefits—and their own unique colors. Some spring seasonal produce include strawberries, carrots, asparagus, and lemons. So, eat the rainbow!

As for Earth Day tips, consider using reusable bags and utensils to decrease the amount of waste at home.



Photos from USDA Spring Produce Website

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