

# Ethos HDM Hot 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	
	Na+		Na+		Na+		Na+		Na+
Moroccan Chicken Thighs	133	Turkey Bolognese, Pasta	379	Salisbury Steak	134	Pork Tenderloin	248	Baked Macaroni and Cheese	
Israeli Couscous	20	Italian Blend Vegetables	37	L.S. Mushroom Gravy	81	Robert Sauce	331	Stewed Tomatoes	576
Honey Roasted Brussel Sprouts	15	Garlic Knot	219	Mashed Potato	60	Sweet Pepper Brown Rice	2	Panko Topping	44
Whole Wheat Roll	169	Pear	2	Corn	1	Green Beans	4	Broccoli	22
Lemon Blueberry Bites	60			Whole Wheat Roll	169	Wheat Bread	170	Whole Grain Breadstick	65
				Orange	4	Applesauce	15	Vanilla Pudding	130
<b>Cal: 845 Na: 556mg</b>		<b>Cal: 750 Na: 797mg</b>		<b>Cal: 804 Na: 608mg</b>		<b>Cal: 718 Na: 928mg</b>		<b>Cal: 756 Na: 953mg</b>	
Monday 3/9		Tuesday 3/10		Wednesday 3/11		Thursday 3/12		Friday 3/13	
	Na+		Na+		Na+		Na+		Na+
L.S. Hot Dog (Beef + Pork) + Bun	575	Chicken Pot Pie	321	Eggplant Rollatini	270	New England Beef Stew	220	Baked Pollock	224
Ketchup and Mustard Packets	137	w/ Mashed Potato	60	Pink Tomato Sauce and Parsley	207	White Rice	15	Butter Crumb Topping	67
Baked Beans	140	Asparagus	3	Over Spaghetti	1	Spinach	80	White Wine Garlic Butter Sauce	183
Cauliflower, Diced Red Peppers	13	Biscuit	267	Italian Green Beans	4	Whole Wheat Roll	169	Smashed Potatoes & Carrots	205
Orange	4	Oatmeal Cookie	105	Whole Wheat Roll	169	Birthday Cake	223	Wheat Bread	170
				Dried Cranberries	2			Pineapple Cup	1
<b>Cal: 756 Na: 994mg</b>		<b>Cal: 815 Na: 917mg</b>		<b>Cal: 775 Na: 813mg</b>		<b>Cal: 756 Na: 867mg</b>		<b>Cal: 795 Na: 1066mg</b>	

## 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 Hot Menu-March 2026

Monday 3/16		Tuesday 3/17		Wednesday 3/18		Thursday 3/19		Friday 3/20	
	Na+	Holiday Meal <b>High Sodium</b>	Na+		Na+		Na+		Na+
Turkey Skillet		Corned Beef & Cabbage	810	Grilled Chicken	324	Spring Pasta, Turkey Meatballs		Vegetarian Bean Chili	
White Rice, Tomatoes, & Green Beans	503	Potatoes	128	L.S. Gravy	28	Garlic Parmesan Sauce	964	Cheddar Cheese	631
Buttered Broccoli	57	Carrots	55	O'Brien Potatoes	25	Brussels Sprouts	14	Brown Rice	20
Dinner Roll	153	Cornbread Loaf	179	Mixed Vegetables	28	Whole Wheat Roll	169	Buttered Italian Blend Vegetables	72
Pear	2	Lime Gelatine, Fruit Cocktail	23	Wheat Bread	170	Peach Cup	0	Wheat Bread	170
				Fruited Muffin	214			Orange	4
<b>Cal: 752 Na: 874mg</b>		<b>Cal: 755 Na: 1195mg</b>		<b>Cal: 745 Na: 949mg</b>		<b>Cal: 835 Na: 1307mg</b>		<b>Cal: 763 Na: 1057mg</b>	

Monday 3/23		Tuesday 3/24		Wednesday 3/25		Thursday 3/26		Friday 3/27	
	Na+		Na+		Na+		Na+		Na+
Sliced Honey Buffet Ham	668	Broccoli and Cheese Stuffed Chicken	410	Italian Stuffed Shells	340	Turkey, L.S. Gravy	584	Potato Crunch Pollock	300
Sweet Pineapple Sauce	5	L.S. Gravy	28	Tomato Meatsauce	153	Mashed Potatoes	60	Tartar Sauce Pkt	261
Sweet Potatoes	42	Seasoned Rice	14	Italian Blend Vegetables	37	Asparagus	3	Scalloped Potatoes	47
Green Beans	4	California Blend Vegetables	27	Whole Wheat Roll	169	Biscuit	267	Buttered Peas	97
Wheat Bread	170	Whole Wheat Roll	169	SF Chocolate Pudding Cup	151	Sugar Free Cookie	70	Wheat Bread	170
Raisins	4	Apple	1					Mixed Fruit Cup	1
<b>Cal: 689 Na: 1053mg</b>		<b>Cal: 715 Na: 809mg</b>		<b>Cal: 698 Na: 1011mg</b>		<b>Cal: 827 Na: 1144mg</b>		<b>Cal: 820 Na: 1036mg</b>	

Monday 3/30		Tuesday 3/31	
	Na+		Na+
Lemon Pepper Chicken Wings	476	Beef Hamburger	269
Garlic Turmeric Rice	15	Ketchup + Mustard Pkts.	137
California Blend Vegetables	27	Sweet Potato Puffs	202
Garlic Knot	219	Mixed Vegetables	28
Apple Appleway Bar	90	Mandarin Oranges	7
<b>Cal: 692 Na: 986mg</b>		<b>Cal: 682 Na: 768mg</b>	



Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse. Call 800-892-0890 or visit [www.masmp.org](http://www.masmp.org) for more information.

### 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**