

Ethos HDM Hot 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

High Sodium

Turkey Tetrazzini	
Bowtie Pasta, Panko Topping	916
Carrots	55
Wheat Dinner Roll	169
Orange	4

Cal: 776 Na: 1304mg

Thursday 4/2

Holy Thursday

Baked Pollock	97
Butter Crumb Topping	44
and White Wine Garlic Butter Sauce	183
Rice Pilaf	30
Buttered Peas	97
Wheat Bread	170
Apple	1

Cal: 920 Na: 783mg

Friday 4/3

Good Friday

Cheese Ravioli	190
Tomato Cream Sauce	180
Italian Blend Vegetables	37
Wheat Dinner Roll	169
Raisins	4

Cal: 714 Na: 741mg

Monday 4/6

Tuesday 4/7

Wednesday 4/8

Thursday 4/9

Friday 4/10

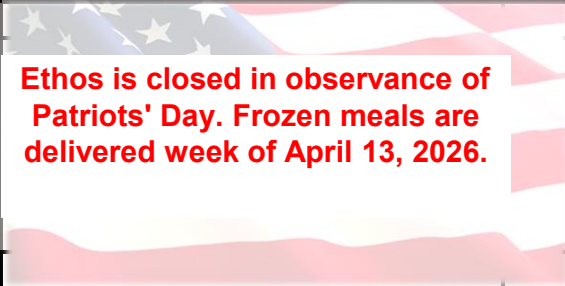
	Na+		Na+		Na+		Na+		Na+
Hot Dog w/ Bun	625	Turkey Sandwich		Eggplant Parmesan		Honey Stung Fried Chicken	543	Soup/Stew Special	
Ketchup & Mustard Pkts	137	Lettuce & Tomato on Wheat Bread	756	Tomato Sauce & Penne Pasta	926	Smashed Potatoes	205	Beef Stew	220
Baked Beans	140	Red Cabbage Slaw	219	Italian Green Beans	4	California Blend Vegetables	27	White Rice	15
Cauliflower & Red Pepper	13	Orange	4	Breadstick	65	Wheat Bread	170	Asparagus	3
Pretzel Goldfish	200			Mixed Fruit Cup	1	Pear	2	Wheat Dinner Roll	169
								Vanilla Pudding	130
Cal:743 Na: 1115mg		Cal: 805 Na: 1105mg		Cal: 917 Na: 1156 mg		Cal: 684 Na: 1107mg		Cal: 718 Na: 697mg	

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

Ethos HDM Hot Menu- April 2026

Monday 4/13		Tuesday 4/14		Wednesday 4/15		Thursday 4/16		Friday 4/17	
High Sodium	Na+		Na+		Na+	Patriots' Day Special	Na+		Na+
Spring Pasta, Turkey Meatballs	964	Buffet Ham, Raisin Sauce	673	Moroccan Inspired Chicken Thighs	133	Meatloaf, Mushroom Gravy	268	Macaroni and Cheese Primavera	
Garlic Parmesan Sauce	58	O'Brien Potatoes	25	Israeli Couscous	20	Mashed Potatoes	60	Vegetables	435
Spinach, Lemon	80	Green Peas	62	Balsamic Roasted Brussel Sprouts	423	Buttered Baby Carrots	91	French Green Beans	4
Wheat Roll	169	Wheat Bread	170	Cornbread Loaf	179	Wheat Dinner Roll	169	Wheat Dinner Roll	169
Apple	1	Strawberry Appleway Bar	85	Craisins	0	Birthday Cake	223	Pineapple Cup	1
Cal: 880 Na: 1433mg		Cal: 716 Na: 1176mg		Cal: 956 Na: 914mg		Cal: 819 Na: 970mg		Cal: 803 Na: 769mg	
Monday 4/20		Tuesday 4/21		Wednesday 4/22		Thursday 4/23		Friday 4/24	
	Na+		Na+	Earth Day	Na+	Cold Sandwich Special	Na+		Na+
	Chicken Piccata	727	Beef Hamburger w/ Bun	269	Tuna Salad Sandwich on Multigrain Bread	719	Roast Turkey	528	
	Linguine Pasta	1	Ketchup & Mustard Pkt	137	Lettuce and Tomato	2	L.S. Gravy	56	
	Buttered Italian Blend Vegetables	72	Potato Wedges	267	White Bean Salad	398	Sweet Potatoes	42	
	Breadstick	130	Mixed Vegetables	28	Orange	4	Asparagus	3	
Pineapple Cup	1	Lemon Blueberry Bites	60			Wheat Bread	170		
						Apple	1		
Cal: 703 Na: 1048mg		Cal: 784 Na: 886mg		Cal: 730 Na: 1049mg		Cal: 838 Na: 960mg			
Monday 4/27		Tuesday 4/28		Tuesday 4/29		Thursday 4/30			
	Na+		Na+		Na+		Na+		Na+
Lemon Pepper Chicken Wings	393	Baked Stuffed Manicotti	280	Pork Tenderloin	248	Turkey Bolognese Pasta	276		
Garlic Turmeric Rice	32	White Cream Florentine Sauce	105	Dijon Mustard Sauce	138	Parmesan Cheese	240		
California Blend Vegetables	27	Carrots and Peas	58	Red Roasted Potatoes	38	Rigatoni Pasta	1		
Wheat Roll	169	Wheat Roll	169	Kale Garlic	21	Italian Blend Vegetables	37		
Applesauce	15	Pear	2	Wheat Bread	170	Garlic Knot	219		
				Blueberry Muffin	214	Peach Cup	0		
Cal: 800 Na: 796 mg		Cal: 746 Na: 944mg		Cal: 773 Na: 988mg		Cal: 714 Na: 969mg			

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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