

Ethos HDM Kosher 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
Makaroni Po Flotski Macaroni & Befe Broccoli 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 Mixed Vegetables Wheat Bread Apple Sauce	Chicken Shnitzle Lemon Rice Carrots Rye Bread Fruit
Monday 3/9	Tuesday 3/10	Wednesday 3/11	Thursday 3/12	Friday 3/13
Italian Rosemary Chicken Mashed Potatoes Roasted Tricolor Cauliflower 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	Chicken Cacciatore Rice Pilaf Green Beans Rye Bread 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!

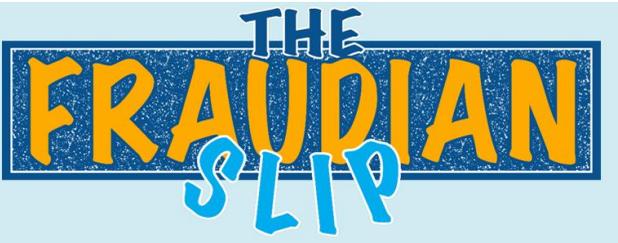
To learn more about membership fees and services, please contact

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

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Monday 3/16	Tuesday 3/17	Wednesday 3/18	Thursday 3/19	Friday 3/20
Meatball Strognaoff Mashed Potatoes Carrots Rye Bread Fruit	Tortellini Primavera Four Cheese Sauce Mixed Vegetables Dinner Roll Diced Pear	Roasted Turkey Herbed Stuffing Butternut Squash Rye Bread Fruit	Lemon & Dill Baked Cod Herbed Orzo Pilaf Broccoli Dinner Roll Diced Peach	Chicken Stew O'Brien Potatoes Cauliflower Rye Bread Fruit
Monday 3/23	Tuesday 3/24	Wednesday 3/25	Thursday 3/26	Friday 3/27
Broccoli & Farfalle Alfredo Bow Tie Pasta Grilled Summer Vegetables Rye Bread Fruit	Chcken Marsala Quinoa Pilaf Steamed Carrots Dinner Roll Apple Sauce	Beef Burgundy Roasted Potatoes Wax Beans Rye bread Fruit	Honey Roasted Chicken Lemon Rice Broccoli Wheat Bread Fruit	Glazed Meatloaf Mashed Potatoes Green Beans Rye Bread Fruit
Monday 3/30	Tuesday 3/31			
Makaroni Po Flotski Macaroni & Beef Mixed vegetables Rye Bread Fruit	Po tRoast Mashed Potatoes Bean Medley Dinner Roll Peaches			

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 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