

Ethos HDM Traditional 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

	Na+
Potato Pollock	330
Sweet Potato Wedges	150
California Blend Vegetables	34
Hawaiian Roll	80
Tartar Sauce	113
Shortbread Cookie	150
Cal:796 Na:992mg	

Thursday 4/2

	Na+
Roast Turkey	429
W/ Apple Chutney	49
Rice Pilaf	49
Brussel Sprouts	26
Wheat Bread	65
Banana	1
Cal:761 Na:705mg	

Friday 4/3

	Na+
Opening Day	
Hot Dog (beef)	540
Baked Beans	140
Green Beans w/ Red Peppers	20
Whole Wheat Hot Dog Bun	85
Fruit Cup	0
Cal:883 Na:1002mg	

Monday 4/6

	Na+
Braised Beef & Vegetables	75
Mashed Potatoes	23
Vegetable Medley	54
Wheat Bread	65
Chocolate Pudding	135
Cal:832 Na:487mg	

Tuesday 4/7

	Na+
Shrimp Tacos, Cheese	479
Cilantro Lime Rice	67
Black Beans, Corn & Peppers	61
Tortilla Wrap	136
Orange	0
Cal:647 Na:878mg	

Wednesday 4/8

	Na+
Chicken Pot Pie	215
Broccoli	38
Whole Grain Buttermilk Biscuit	370
Applesauce	2
Cal:768 Na:760mg	

Thursday 4/9

	Na+
Tuscan White Fish	413
Roasted Potatoes	85
California Blend Vegetables	34
Wheat Roll	150
Fig Newton	180
Cal:737 Na:997mg	

Friday 4/10

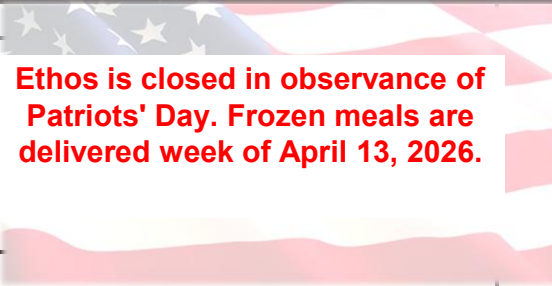
	Na+
Honey Mustard Chicken	262
Butternut Squash	12
Green Peas	20
Hawaiian Roll	80
Banana	1
Cal:799 Na:510mg	

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](tel:617-477-6606) at least 24 hours in **advance**. 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 Traditional Menu- April 2026

Monday 4/13		Tuesday 4/14		Wednesday 4/15		Thursday 4/16		Friday 4/17		
	Na+		Na+	Holiday Meal - High Sodium Meal	Na+		Na+		Na+	
BBQ Jerk Salmon	388	Beef Teriyaki	458	Baked Ham w/ Maple Brown Sugar Glaze	694	Meatloaf w/ Gravy	545	Creamy Pesto Ravioli	460	
White Rice	25	Lo Mein Noodles	125	Potatoes a Gratin	358	Garlic Mashed Potatoes	23	W/ Chicken	289	
Green Beans & Red Peppers	20	Corn w/ Peppers	21	Gren Beans w/ Red Peppers	20	Carrots	56	California Blend Vegetables	34	
Wheat Bread	65	Wheat Roll	150	Dinner Roll	100	Cornbread	180	Wheat Bread	65	
Pound Cake	240	Pear Fruit Cup	0	Chocolate Chip Cookie	78	Orange	0	Apple	2	
Cal:985 Na:873mg		Cal:869 Na:889mg		Cal:811 Na:1547mg		Cal:766 Na:939mg		Cal:819 Na:985mg		
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>			Na+	Earth Day		Na+		Na+		Na+
		Chicken Anna Maria (Filet)	540	Sausage w/ Abruzzi Sauce	649	Beef Stroganoff	201	BBQ Chicken	357	
		White Rice	25	Bowtie Pasta	4	Egg Noodles	7	Baked Beans	140	
		Green Peas w/ Red Peppers	72	California Blend Vegetables	34	Brussel Sprouts	26	Broccoli	38	
		Wheat Roll	150	Whole Grain Cornbread	180	Wheat Roll	150	Cornbread Loaf	180	
Vanilla Pudding	130	Apple	2	Banana	1	Fruit Cup	0			
Cal:735 Na:1052mg		Cal:834 Na:1004mg		Cal:812 Na:520mg		Cal:810 Na:850mg				
Monday 4/27		Tuesday 4/28		Tuesday 4/29		Thursday 4/30				
	Na+		Na+		Na+		Na+		Na+	
Creamy Cajun Shrimp	528	Pork in Mustard Wine Sauce	248	Tortellini	175	Cheesy Chicken Casserole				
Cheesy Grits	72	Egg Noodle	7	w/Beef Bolognese	195	Seasoned Rice	555			
Green Beans & Red Peppers	20	Mixed Root Vegetables	65	California Blend Vegetables	34	Green Peas	20			
Wheat Roll	150	Wheat Roll	150	Wheat Roll	150	Dinner Roll	100			
Lemon Square	90	Chocolate Pudding	135	Banana	1	Orange	0			
Cal:707 Na:995mg		Cal:731 Na:740mg		Cal:747 Na:690mg		Cal:925 Na:810mg				

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

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