

Ethos HDM Allergen Menu - May 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!



1. **Ethos is closed for Memorial Day: Monday, May 25, 2026.** Frozen meals are delivered the week of May 18, 2026.
2. **Alzheimer's:** If you know someone with Alzheimer's and need assistance, the Alzheimer's Association has a 24/7 Helpline with over 200 languages available. Call 800-272-3900.
3. **Farmers Markets:** Most farmers markets accept SNAP/EBT cards. The Healthy Incentives Program (HIP) applies funds to your purchase when you use EBT cards to buy fruits and vegetables at participating vendors. Look for farmers markets with the HIP logo at their tables. Visit DTA website to find HIP vendors near you.

Friday 5/1

Pulled Honey Jerk Chicken
Sandwich
Gluten Free Bun
Brussel Sprouts
Fruit

Monday 5/4

Gluten Free Pizza, Dairy-Free
Cheese & BBQ Chicken
Broccoli
Fruit

Tuesday 5/5

Gluten Free Crispy Chicken
Sandwich
Gluten Free Bun
Sweet Potatoes
Fruit

Wednesday 5/6

Falafel Bites
Brown Rive
Zucchini Squash
Fruit

Thursday 5/7

Sweet Potato & Black Bean Nachos
Dairy-Free Cheese
Corn Tortilla Chips
Fruit

Friday 5/8

Turkey Bolognese
Gluten Free Pasta
Carrots
Fruit

Food Safety

-As the warm weather comes around, it is important to consider food safety. Hot home delivered meals are intended for immediate consumption. If you are not able to eat it at delivery, please place in the fridge immediately.



Ethos Annual Prom

-Ethos Annual Senior Prom will be held Thursday, May 21, 2026 at the Irish Social Club in West Roxbury.
-Check the Ethos website for more information: www.ethocare.org



Pride Month - June

-Ethos Pride Initiative Program is dedicated to supporting LGBTQ+ elders in the Greater Boston area. Please contact Mackenzie Valencia at 617-477-6937 for more information.

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

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Monday 5/11	Tuesday 5/12	Wednesday 5/13	Thursday 5/14	Friday 5/15
Honey Mustard Chicken Gluten Free Pasta Brussel Sprouts Fruit	Sweet & Sour Chicken Whole Grain Brown Rice Corn. Peppers Fruit	Homemade 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 5/18	Tuesday 5/19	Wednesday 5/20	Thursday 5/21	Friday 5/22
DAIRY Free Chicken Alfredo Gluten Free Pasta Broccoli Fruit	Chicken & Dairy-Free Cheese Quesadilla, Corn Tortilla Black Beans Fruit	Chicken Taco "Casserole" Quinoa Corn & Peppers Fruit	Turkey Bolognese Gluten Free Pasta Broccoli Fruit	Sweet & Sour Turkey Meatballs Brown Rice Zucchini Squash Fruit
Monday 5/25	Tuesday 5/26	Wednesday 5/27	Thursday 5/28	Friday 5/29
CLOSED FOR MEMORIAL DAY  Frozen meals are delivered week of May 18, 2026	American Chop Suey Gluten Free Pasta Carrots Fruit	Chicken Fajitas, Peppers, Onions Dairy-Free Cheese Corn Tortilla Corn Fruit	Caribbean Chicken, Peppers Whole Grain Grits Black Beans Fruit	Pulled Honey Jerk Chicken Sandwich Gluten Free Bun Brussel Sprouts Fruit

May is Older Americans Month - *From the Desk of the Community Dietitian, Aoife Gilvarry, at Ethos*

This year's theme for Older Americans Month is "Champion Your Health". The theme focuses on prevention, wellness, and personal responsibility as foundations of healthy aging. For example, eating a balanced diet and staying active can help prevent malnutrition.

"Champion Your Health" encourages taking an active role in managing your own health and accessing preventative care. Engaging in community programs that promote well-being are a great way to execute this. Please visit your local Ethos cafe for events, programming, and opportunities to meet others. For more information, please contact the Ethos cafe department at



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