

Ethos HDM Kosher 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

Cod Bruchetta
Lemon Rice
Carrots
Rye Bread
Fruit

Monday 5/4

Italian Rosemary Chicken
Mashed Potatoes
Roasted Tricolor Cauliflower
Rye Bread
Fruit

Tuesday 5/5

Beef Kotleti
Red Bliss Potatoes
Green Peas
Dinner Roll
Fruit

Wednesday 5/6

Sweet-Tangy Glazed Chicken Tenders
Home Fries
Bean Medley
Wheat Bread
Fruit

Thursday 5/7

Seared Cod Cakes
White Rice
Roasted Zucchini
Wheat Bread
Apple Sauce

Friday 5/8

Chicken Cacciatore
Rice Pilaf
Green Beans
Rye Bread
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
Meatball Stroganoff Mashed Potatoes Carrots Rye Bread Fruit	Tortellini Primavera Four Cheese Sauce Mixed Vegetables Dinner Roll Dice Pear	Roasted Turkey Herbed Stuffing Butternut Squash Rye Bread Fruit	Lemon & Dill Baked Cod Herbed Orzo Pilaf Broccoli Dinner Roll Dice Peach	Chicken Stew O'Brian Potatoes Cauliflower Rye Bread Fruit
Monday 5/18	Tuesday 5/19	Wednesday 5/20	Thursday 5/21	Friday 5/22
Broccoli & Farfalle Alfredo Bow Tie Pasta Grilled Summer Vegetables Rye Bread Fruit	Chicken 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 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	Cheese Blintz Roasted 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	Cod Bruchetta Lemon Rice Carrots Rye Bread 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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