

Ethos Kosher HDM Menu - October 2026



A suggested donation of \$2.00 is requested. Total calories and sodium, including low fat 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. If a day is labeled as **High Sodium**, there is >1200mg in the entire meal.
To cancel a meal, please call 617-477-6606 at least 24 hours in advance.

All HDM Drivers are required to see someone at delivery. No meals will be left without seeing someone at delivery.

Daylight Savings: A friendly reminder that clocks fall back on Sunday, November 1, 2026 for daylight savings.

Food Waste: Ethos kindly asks that 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. Same day cancellations contribute to more food 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. Thank you for supporting our efforts to reduce food waste!

Daylight Savings: A friendly reminder that clocks fall back on Sunday, November 1, 2026 for daylight savings. Food Waste: Ethos kindly asks that 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. Same day cancellations contribute to more food 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. Thank you for supporting our efforts to reduce food waste!	Thursday 10/1		Na+	Friday 10/2		Na+
	Lemon and Dill Baked Cod Herbed Orzo Pilaf Broccoli Dice Peach Dinner Roll			Chicken Stew O'Brian Potatoes Cauliflower Seasonal Fruit Rye Bread		
	calories: 745 cal Na: 584 mg			calories: 601 cal Na: 489 mg		

Monday 10/5		Tuesday 10/6		Wednesday 10/7		Thursday 10/8		Friday 10/9	
	Na+		Na+		Na+		Na+		Na+
Broccoli and Farfalle Alfredo Bow Tie Pasta Grilled Summer Vegetables Seasonal Fruit Rye Bread		Chicken Marsala Quinoa Pilaf Steamed Carrots Apple Sauce Dinner Roll		Beef Burgundy Roasted Potatoes Wax Beans Seasonal Fruit Rye Bread		Honey Roasted Chicken Lemon Rice Broccoli Tropical Fruit Wheat Bread		Glazed Meatloaf Mashed Potatoes Green Beans Pears Rye Bread	
calories: 634 cal Na:288 mg		calories:728 cal Na:556 mg		calories: 649 cal Na:597 mg		calories: 559 cal Na:613 mg		calories: 485 cal Na: 862 mg	

Announcements!

- 1. Remember Voting Dates & Deadlines!** Voter registration deadline for the General State Election is Saturday, October 24, 2026. For more information, call 311 or visit www.boston.gov/election.
- 2. Storm Packages:** In the Month of November 2026, everyone will receive a storm package containing 2 shelf-stable emergency meals to be used in the event of a snow emergency this winter.
- 3. Free Healthy Rides for Boston's Older Adults:** Age Strong in partnership with Lyft and other organizations are offering free rides to medical appointments, pharmacies, community centers, social activities, support groups, and other wellness services. To book a ride, call 617-635-3000 and say "Healthy Ride". To learn more, visit www.boston.gov/healthy-rides
- 4. Water and Sewage Discounts for Older Adults:** Homeowners who are age 65+ or fully-disabled who live in a 1-4 family residential dwelling are eligible for a discount on their monthly water, sewer, and stormwater charges. Call 617-635-4366 for more information.
- 5. Nutrition Trivia:** Which vitamin is known to help maintain healthy eyesight?

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

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Monday 10/12		Tuesday 10/13		Wednesday 10/14		Thursday 10/15		Friday 10/16	
WE ARE <u>CLOSED</u> INDIGENOUS PEOPLES' DAY/COLUMBUS DAY  Ethos Closed. Frozen Meals Delivered Week of 10/5/26			Na+		Na+		Na+		Na+
		Cheese Blintz Roasted Potatoes Bean Medley Peaches Dinner Roll		Chicken Stir Fry Basmati Rice Corn Seasonal Fruit White Bread		Spinach and Onion Mac N Cheese Cavatappi Pasta Mixed Vegetables Apple Sauce White Bread		Cod Bruchetta Lemon Rice Carrots Seasonal Fruit Rye Bread	
		calories: 591 cal Na:611 mg		calories: 774 cal Na: 345 mg		calories: 551 cal Na:584 mg		calories: 630 cal Na: 616 mg	
Monday 10/19		Tuesday 10/20		Wednesday 10/21		Thursday 10/22		Friday 10/23	
			Na+		Na+		Na+		Na+
Beef Kotleti Red Bliss Potatoes Green Peas Seasonal Fruit Rye Bread		Italian Rosemary Chicken Mashed Potatoes Roasted Tricolor Cauliflower Seasonal Fruit Dinner Roll		Beef Goulash Penne Marinara Bean Medley Seasonal Fruit Wheat Bread		Seared Cod Cakes White Rice Roasted Zucchini Apple Sauce Wheat Bread		Chicken Cacciatore Rice Pilaf Green Beans Seasonal Fruit Rye Bread	
calories: 803 cal Na: 632 mg		calories: 830 cal Na: 355 mg		calories: 614 cal Na:484 mg		calories: 573 cal Na:444 mg		calories:653 cal Na:517 mg	
Monday 10/26		Tuesday 10/27		Wednesday 10/28		Thursday 10/29		Friday 10/30	
			Na+		Na+		Na+		Na+
Meatball Stroganoff Mashed Potatoes Carrots Seasonal Fruit Rye Bread		Tortellini Primavera Four Cheese Sauce Mixed Vegetables Dice Pear Dinner Roll		Chicken Provencal Roasted Red Potatoes Haricot Verts Beans Seasonal Fruit White Bread		Lemon and Dill Baked Cod Herbed Orzo Pilaf Broccoli Dice Peach Dinner Roll		Chicken Stew O'Brian Potatoes Cauliflower Seasonal Fruit Rye Bread	
calories: 578 cal Na: 678 mg		calories: 776 cal Na: 642 mg		calories: 568 cal Na:535 mg		calories: 745 cal Na: 584 mg		calories: 601 cal Na: 489 mg	



The Science Behind Soup! - From the Desk of the Community Dietitian at Ethos

We are entering the fall season! You'll see more food options that contain pumpkin, winter squash, carrots, and yams. These items contain Vitamin A and pigments that benefit your vision, immune system, and skin health. They also have antioxidative properties which helps protect our cells. Enjoy some fall produce if you can this season!

Trivia Answer:

Vitamin A is known to help maintain healthy eyesight. Some food sources are carrots, sweet potatoes, red peppers, and mangos.

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