

Caribbean Menu – May 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To cancel a meal, please call : (617)522-6700 Ext. 306 Before 9 am the previous day. Thank You</p>	1	2	3	4
	<p>Jerked Pork Ribs Rice & Black Beans Broccoli w/ Red Pepper Italian Bread Fresh Fruit du Jour</p>	<p>Dominican Chicken Mashed Potatoes Carrots Wheat Bread Apple Turnover</p>	<p>Baked Fish w/ Sauce Caribbean Yams Garden Salad w/ Dressing Rye Bread Fresh Fruit du Jour</p>	<p>Beef w/Onions Red Potatoes Zucchini Wheat Bread Chilled Peaches</p>
7	8	9	10	11
<p>Turkey w/ Creole Sauce Red Beans & Rice Mixed Vegetables Multigrain Bread Fresh Fruit du Jour</p>	<p>Oxtails w/ Sauce Plantains Green Beans w/ Red Peppers Dinner Roll Snack Loaf</p>	<p>Stewed Goat Yucca Spinach Rye Bread Vanilla Pudding</p>	<p>Caribbean Chicken Red Potatoes Broccoli & Cauliflower Wheat Bread Fresh Fruit du Jour</p>	<p>Baked Fish with Creole Sauce Brown Rice Collard Greens Fresh Fruit Italian Bread</p>
14	15	16	17	18
<p>Caribbean Style Beef Tips Peppers & Onions Whipped Potatoes Italian Vegetables Rye Bread Apple Cinnamon Muffin</p>	<p>Cajun Diced Chicken Black Eyed Peas & Rice Broccoli Wheat Bread Dried Plums</p>	<p>Baked Fish w/ Diced Tomatoes Sweet Potatoes Green Peas Wheat Bread Fresh Fruit du Jour</p>	<p>Liver in Red Sauce Corn Meal Tossed Salad w/ Dressing Multigrain Bread Fresh Fruit du Jour</p>	<p>Tripe Stew Vegetable Rice Pilaf Broccoli w/ Red Pepper Wheat Bread Chocolate Pudding</p>
21	22	23	24	25
<p>Baked Potato Crunch Pollock w/ Tartar Sauce Baked Potato Wedges Romaine Salad Dinner Roll Fresh Fruit du Jour</p>	<p>Seasoned Beef in Sauce White Rice Mixed Vegetables Rye Bread Vanilla Pudding</p>	<p>Chicharon Frito Red Potatoes Collard Greens Dried Fruit Mix Multi- Grain Bread</p>	<p>Chipotle Glazed Beef Red Beans & Yellow Rice Green Beans w/ Red Peppers Rye Bread Cherry Turnover</p>	<p>Chicken Salad Bulkie Roll Cole Slaw Corn & Black Bean Salad Fresh Fruit du Jour</p>
26	29	30	31	
<p>Chicken Creole Red Beans & Rice Mixed Vegetables Multigrain Bread Fresh Fruit du Jour</p>	<p>Fried Fish Brown Rice & Beans Sautéed Spinach Multigrain Roll Fresh Fruit du Jour</p>	<p>Stewed Beef w/ Corn Meal w/ Beans Garden Salad w/ Dressing Italian Bread Birthday Cake</p>	<p>Baked Tomato Chili Chicken Parsley Boiled Potatoes Italian Vegetables Multigrain Bread Chilled Pears</p>	<p>A suggested donation of \$2.00 is requested</p> <p>Each meal includes low fat milk and bread.</p> <p>Menu Subject to Change</p>

PLEASE NOTIFY ETHOS OF ANY LIFE THREATENING FOOD ALLERGIES

617-522-6700 x 306