

HDM MENU – MAY 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To cancel a meal, please call: (617)522-6700 Ext. 306</p> <p>Before 9 am the Previous day. Thank You</p>	1	2	3	4
	Herb Roasted Chicken Broccoli Roasted Potatoes Oatmeal Bread W/ Margarine Fresh Apple	Breaded Pork Chop Pattie w/ LS Gravy Sweet Potatoes Mix Vegetables Wheat Bread W/Margarine Pineapple Chunk	Roast Turkey W/LS Gravy Whip Potatoes French Cut Green Beans Dinner Rolls W/Margarine Chocolate Pudding	Potato Crunch Fish w/ Lemon Wedge Herbed White Rice Peas & Carrots Wheat Bread W/Margarine Fresh Orange
7	8	9	10	11
Teriyaki Chicken Brown Rice Oriental Vegetables Whole Wheat Bread W/Margarine Mandarin Oranges	Eggplant Rollatini w/ Tomato Sauce & Cheese, Meatballs Brussel Sprouts Scali Bread W/Margarine Blueberry Graham Cookie	Meatloaf w/ LS Mushroom Beef Gravy Whipped Potatoes Green Beans Whole Wheat Bread W/Margarine Fresh Pear	Baked Macaroni And Cheese W/ Stewed Tomatoes On the Side Green Peas Dinner Roll W/Margarine Dried Pitted Plums	Grilled Chicken Lemon w/ Linguine Spring Vegetables Wheat Roll W/Margarine Strawberry Shortcake
14	15	16	17	18
Krunchy Lite Filet of Fish w/ Tartar Sauce Herbed Rice Mixed Vegetables Wheat Bread W/Margarine Fresh Orange	American Cold Cuts on a Sub Roll w/ Mustard Packet Tomato Chicken Veggie Rice Soup Cherry Turnover	Cheese Lasagna W/ Meat Sauce Italian Bread W/Margarine Fresh Apple	Hearty Beef Stew Potatoes, Carrots & Peas w/ LS Gravy Broccoli Multigrain Roll W/Margarine Fresh Pear	BBQ Pork Ribs Garlic Mashed Potatoes Carrots Wheat Bread W/Margarine Birthday Cake
21	22	23	24	25
Beef Steak w/ LS Onion Gravy Herb Whipped Potato Butternut Squash Dinner Roll W/ Margarine Cherry Snack Loaf	Pork Roast w/ LS Gravy Sweet Potatoes Green Peas Oatmeal Bread W/ Margarine Applesauce	Florentine Fish w/ Lemon Wedge Dirty Rice Rosemary Diced Carrots Rye Bread W/ Margarine Fresh Orange	Stuffed Chicken Parmesan w/ Linguine Tomato Sauce Asparagus Wheat Roll W/ Margarine Dried Fruit Mix	LS Hot Dog W/ Mustard Packet Baked Beans Coleslaw Dark Rye Bread W/ Margarine Vanilla Pudding
28	29	30	31	
Closed Memorial Day Holiday	Pier 17 Fish Lemon Wedge Potato Wedges Green Beans Multigrain Bread W/ Margarine Lemon Graham Cookie	Pot Roast w/ LS Mushroom Gravy Garlic Mashed Potatoes Broccoli Dinner Roll W/ Margarine Fresh Plum	Meatball Sub W/ Tomato Sauce Sweet Potato Puffs Spinach Sub Roll W/ Margarine Pineapple Chunks	A suggested donation of \$2.00 is requested. Note: Milk is Served With All Meals Menu subject to change.

PLEASE NOTIFY ETHOS OF ANY LIFE THREATENING FOOD ALLERGIES @ 617-522-6700 x 306

