



## Russian Menu May 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<b>To cancel a meal, please call: (617)522-6700 Ext. 306 Before 9 am the previous day. Thank You</b>	<b>1</b> <b>Stuffed Cabbage</b> <b>Buckwheat Kasha</b> <b>Broccoli with Red Pepper</b> <b>Fresh Fruit</b> <b>Italian Bread</b>	<b>2</b> <b>Chicken Kotelesky</b> <b>Mashed Potatoes</b> <b>Beets</b> <b>Apple Turnover</b> <b>Wheat Bread</b>	<b>3</b> <b>Salmon w/Dill Sauce</b> <b>Rice Pilaf</b> <b>Green Peas</b> <b>Fresh Fruit</b> <b>Rye Bread</b>	<b>4</b> <b>Sausage &amp; Sauerkraut</b> <b>Red Potatoes</b> <b>Zuchinni</b> <b>Chilled Peaches</b> <b>Wheat Bread</b>
<b>7</b> <b>Roast Turkey w/Mushroom Sauce</b> <b>Pasta Du Jour</b> <b>Mixed Vegetables</b> <b>Fresh Fruit Multi-Grain Bread</b>	<b>8</b> <b>Russian Yorky Stew</b> <b>White Rice</b> <b>Green Beans w/Red Peppers</b> <b>Snack Loaf</b> <b>Dinner Roll</b>	<b>9</b> <b>Beef Stroganoff</b> <b>Garlic Mashed Potatoes</b> <b>Spinach</b> <b>Vanilla Pudding</b> <b>Rye Bread</b>	<b>10</b> <b>Chicken Kiev &amp; Butter Sauce</b> <b>Buckwheat Kasha</b> <b>Broccoli &amp; Cauliflower</b> <b>Fresh Fruit</b> <b>Wheat Bread</b>	<b>11</b> <b>Mushroom Stuffed Pollock</b> <b>Brown Rice</b> <b>Carrots</b> <b>Fresh Fruit</b> <b>Italian Bread</b>
<b>14</b> <b>Lamb Ragout</b> <b>Whipped Potatoes</b> <b>Italian Blend Vegetables</b> <b>Apple Cinnamon Muffin</b> <b>Rye Bread</b>	<b>15</b> <b>Chicken Kotelesky</b> <b>Penne Pasta</b> <b>Broccoli</b> <b>Dried Plums (Prunes)</b> <b>Wheat Bread</b>	<b>16</b> <b>Coubiac Salmon</b> <b>Buckwheat Kasha</b> <b>Green Peas</b> <b>Fresh Fruit Whole Wheat Roll</b>	<b>17</b> <b>Veal w/Brown Sauce</b> <b>Dill Roasted Potatoes</b> <b>California Blend Vegetables</b> <b>Fresh Fruit Multi-Grain Bread</b>	<b>18</b> <b>Steak Romanov</b> <b>Vegetable Rice Pilaf</b> <b>Broccoli with Red Pepper</b> <b>Chocolate Pudding</b> <b>Wheat Bread</b>
<b>21</b> <b>Baked Fish w/Dill Sauce</b> <b>Baked Potato Wedges</b> <b>Stewed Tomatoes</b> <b>Fresh Fruit</b> <b>Dinner Roll</b>	<b>22</b> <b>Beef and Eggplant</b> <b>Buttered Egg</b> <b>Noodles</b> <b>California Blend Vegetables</b> <b>Vanilla Pudding</b> <b>Rye Bread</b>	<b>23</b> <b>Chicken Kiev &amp; Butter Sauce</b> <b>Red Potatoes</b> <b>Zucchini w/Red Peppers</b> <b>Dried Fruit Mix</b> <b>Multi-Grain Bread</b>	<b>24</b> <b>Stuffed Cabbage</b> <b>Buckwheat Kasha</b> <b>Green Beans w/Red Peppers</b> <b>Cherry Turnover</b> <b>Multi-Grain Roll</b>	<b>25</b> <b>Chicken Salad</b> <b>Cole Slaw</b> <b>Vegetable Pasta Salad</b> <b>Fresh Fruit</b> <b>Bulkie Roll</b>
<b>28</b> <b>Closed Memorial Day Holiday</b>	<b>29</b> <b>Baked Fish w Diced Tomatoes</b> <b>Brown Rice</b> <b>Sauteed Spinach</b> <b>Fresh Fruit</b> <b>Multi-Grain Roll</b>	<b>30</b> <b>Beef Stew</b> <b>Corn</b> <b>Broccoli &amp; Cauliflower</b> <b>Birthday Cake</b> <b>Italian Bread</b>	<b>31</b> <b>Roast Turkey w/Mushroom Sauce</b> <b>Parsley Boiled Potatoes</b> <b>Harvard Beets</b> <b>Chilled Pears Multi-Grain Bread</b>	<b>A suggested donation of \$2.00 is requested. Menu subject to change. Each meal includes low fat milk and bread.</b>

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