

Traditional 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>	<p style="text-align: right;">1</p> <p>Lemon Pepper Pork Tri Color Pasta Broccoli with Red Pepper Fresh Fruit Italian Bread</p>	<p style="text-align: right;">2</p> <p>Chicken with Balsamic Citrus Sauce Mashed Potatoes Beets Apple Turnover Wheat Bread</p>	<p style="text-align: right;">3</p> <p>Salmon w/Dill Sauce Rice Pilaf Green Peas Fresh Fruit Rye Bread</p>	<p style="text-align: right;">4</p> <p>Meatloaf w/ Brown Gravy Red Potatoes Zucchini Chilled Peaches Wheat Bread</p>
<p style="text-align: right;">7</p> <p>Turkey Milanese Red Beans and Rice Mixed Vegetables Fresh Fruit Multi-Grain Bread</p>	<p style="text-align: right;">8</p> <p>Stuffed Rigatoni w/Meat Sauce Green Beans w/Red Peppers Snack Loaf Dinner Roll</p>	<p style="text-align: right;">9</p> <p>Roast Pork w/Gravy Garlic Mashed Potatoes Spinach Vanilla Pudding Rye Bread</p>	<p style="text-align: right;">10</p> <p>Baked Chicken Florentine Bowtie Pasta Broccoli & Cauliflower Fresh Fruit Wheat Bread</p>	<p style="text-align: right;">11</p> <p>Mushroom Stuffed Pollock Penne Pasta Collard Greens Fresh Fruit Italian Bread</p>
<p style="text-align: right;">14</p> <p>Boeuf Bourguignon Whipped Potatoes Italian Blend Vegetables Apple Cinnamon Muffin Rye Bread</p>	<p style="text-align: right;">15</p> <p>New Orleans Cajun Diced Chicken Black Eye Peas & Rice Broccoli Dried Plums (Prunes) Wheat Bread</p>	<p style="text-align: right;">16</p> <p>American Chop Suey Green Peas Fresh Fruit Whole Wheat Roll</p>	<p style="text-align: right;">17</p> <p>Hot Dog Baked Beans California Blend Vegetables Fresh Fruit Hot Dog Bun Mustard</p>	<p style="text-align: right;">18</p> <p>Lemon & Garlic Chicken Vegetable Rice Pilaf Broccoli with Red Pepper Chocolate Pudding Wheat Bread</p>
<p style="text-align: right;">21</p> <p>Baked Alaskan Potato Crunch Pollock Baked Potato Wedges Stewed Tomatoes Fresh Fruit Dinner Roll Tartar Sauce</p>	<p style="text-align: right;">22</p> <p>Beef Lyonnais Buttered Egg Noodles California Blend Vegetables Vanilla Pudding Rye Bread</p>	<p style="text-align: right;">23</p> <p>Roast Turkey w/ Gravy Red Potatoes Zucchini w/Red Peppers Dried Fruit Mix Multi-Grain Bread</p>	<p style="text-align: right;">24</p> <p>Cheese Lasagna Green Beans w/Red Peppers Cherry Turnover Multi-Grain Roll</p>	<p style="text-align: right;">25</p> <p>Chicken Salad Cole Slaw Vegetable Pasta Salad Fresh Fruit Bulkie Roll</p>
<p style="text-align: right;">28</p> <p>Closed Memorial Day Holiday</p>	<p style="text-align: right;">29</p> <p>Baked Fish w Diced Tomatoes Brown Rice Sauteed Spinach Fresh Fruit Multi-Grain Roll</p>	<p style="text-align: right;">30</p> <p>Old Fashion Beef Stew Corn Broccoli & Cauliflower Birthday Cake Italian Bread</p>	<p style="text-align: right;">31</p> <p>Turkey with Citrus Sauce Parsley Boiled Potatoes Italian Blend Vegetables Chilled Pears Multi-Grain Bread</p>	<p>A suggested donation of \$2.00 is requested. Menu subject to change. Each meal includes low fat milk and bread.</p>

PLEASE NOTIFY ETHOS OF ANY LIFE THREATENING FOOD ALLERGIES AT
(617) 522-6700 Ext. 306