

Vegetarian 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>Tony's Frittata Potatoes Green Beans Fresh Fruit Bread & margarine Milk</p>	<p>Asian Stir-Fry Brown Rice & Beans Pineapple chunks Bread & margarine Milk</p>	<p>Curried Tofu Brown Rice Steamed Broccoli Applesauce Bread & margarine Milk</p>	<p>Eggplant Parmesan Pasta Mixed Vegetables Fresh Fruit Bread & margarine Milk</p>
7	8	9	10	11
<p>BBQ Veg Burger Rice Broccoli Mixed Fruit Bread & margarine Milk</p>	<p>Tortellini Alfredo Broccoli Peas Fresh Fruit Bread & margarine Milk</p>	<p>Asparagus Quiche Rice Carrots Pineapple chunks Bread & margarine Milk</p>	<p>Asian Noodles Green Beans Applesauce Bread & margarine Milk</p>	<p>Stuffed Shells Tomato sauce Mixed Vegetables Fresh Fruit Bread & margarine Milk</p>
14	15	16	17	18
<p>Vegetarian Chili Corn Bread Carrots Mixed Fruit Bread & margarine Milk</p>	<p>Cheese Quiche Potatoes Mixed Vegetables Fresh Fruit Bread & margarine Milk</p>	<p>Veggie Meatloaf Mashed Potatoes Corn Pineapple chunks Bread & margarine Milk</p>	<p>Tempeh Teriyaki Brown Rice Carrots Applesauce Bread & margarine Milk</p>	<p>Stuffed Pasta Tomato sauce Mixed Vegetables Fresh Fruit Bread & margarine Milk</p>
21	22	23	24	25
<p>Veggie Tetrazzini Spaghetti Carrots Mixed Fruit Bread & margarine Milk</p>	<p>Spanish Frittata Potatoes Green Beans Fresh Fruit Bread & margarine Milk</p>	<p>Asian Stir-Fry Brown rice & Beans Pineapple chunks Bread & margarine Milk</p>	<p>Tofu stir-fry Brown Rice Steamed Broccoli Applesauce Bread & margarine Milk</p>	<p>Cheese Lasagna Pasta Mixed Vegetables Fresh Fruit Bread & margarine Milk</p>
28	29	30	31	
<p>Closed Memorial Day Holiday</p>	<p>Tony's Frittata Potatoes Green Beans Fresh Fruit Bread & margarine Milk</p>	<p>Asian Stir-Fry Brown rice & Beans Pineapple chunks Bread & margarine Milk</p>	<p>Curried Tofu Brown Rice Steamed Broccoli Applesauce Bread & margarine Milk</p>	<p>A suggested donation of \$2.00 is requested. Menu subject to change.</p>

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