



# Caribbean Menu- August 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menu Subject to Change</b>  <b>Thank You.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Chicken w/ Peppers and Onions Rice and Beans Mixed Vegetables Scali Bread Fruit	Stewed Beef White Rice California Blend Vegetables Wheat Roll Brownie	Arroz con Pollo (Chicken) Yellow Rice Spinach Wheat Bread Fruit	Salmon Brasileiro Yucca Green Peas Wheat Bread Fruit
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Jerk Chicken Mashed Potatoes Carrots Wheat Bread Fruit	White Fish w/ Tomatillo Cilantro Salsa Yucca Green Beans Wheat Bread Fruit	Oxtails w/Sauce Yellow Rice Mixed Vegetables Scali Bread Chocolate Chip Cookie	Dominican Style Roast Turkey Mashed Sweet Potatoes Green Peas Wheat Roll Fruit	Curried Chicken White Rice Broccoli Wheat Bread Fruit
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Braised Chicken w/Jicama Lime Slaw Yucca Spinach Wheat Bread Vanilla Pudding	Coconut Curry Goat White Rice Broccoli Scali Bread Fruit	Arroz con Camarones (Shrimp) Yellow Rice Plantains Wheat Bread Birthday Cake	Baked Tomato Chili Chicken Mashed Potatoes Carrots Rye Bread Fruit	Jerk Pork Gravy White Rice California Blend Vegetables Wheat Bread Fruit
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Beef w/ Peppers & Onions Rice and Beans Spinach Wheat Bread Butterscotch Pudding	Chicken Sausage w/ Cabbage Rice Pilaf Green Beans Scali Bread Fruit	Cumin Roasted Pork Plantains White Rice Wheat Roll Oatmeal Cookie	Fried Chicken w/ Okra & Mushrooms Rice Pilaf Carrots Scali Bread Fruit	Seafood Stew Broccoli Wheat Bread Fruit
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Garlic Pork Rice and Beans Broccoli Wheat Bread Vanilla Pudding	Chicken w/Sofrito Rice and Beans Mixed Vegetables Scali Bread Fruit	Arroz con Carnitas (Beef) White Rice California Blend Vegetables Wheat Roll Brownie	Creole Chicken w/Chorizo Yellow Rice Spinach Wheat Bread Fruit	

**To cancel a meal, please call: (617)522-6700 ext. 306 before 9 am the previous day.**

**A suggested donation of \$2.00 is requested.**

**Each meal includes low fat milk and bread.**

**Please notify Ethos of any life threatening food allergies @ 617-522-6700 x 306**