



HDM Menu- August 2017



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Lasagna W/ Tomato Sauce & Meatball Green Peas Wheat dinner roll Margarine Orange *HIGH SODIUM*	Hamburger on a bun W/ Ketchup Potato wedges Steamed Brocoli Bulkie roll Butterscotch Pudding Cup	Sweet & Sour Meatballs White Rice Oriental Vegetables Wheat bread Margarine Pear	Pollock Florentine Rosemary Roasted Potato Brussel Sprouts Biscuit Margarine Mixed Berry Applesauce
7	8	9	10	11
Grilled Chicken Marsala Rice Pilaf Kale Wheat Dinner Roll Margarine Fruit Snack Loaf Muffin	Potato Pollock Filet O'brien Potato Asaparagus Wheat Bread Margarine Apple	Breaded Chicken Parmesan W/ Tomato Sauce and Cheese Penne Pasta Sliced Carrots Scala Bread Margarine Vanilla Pudding	Orange Beef Steak Brown Rice Green Beans Wheat Bread Margarine Plum	Turkey ham W/ Raisin Sauce Herb Whipped Potato Green Peas Multi-grain bread Margarine Orange

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.

Calories for the total meal (including milk and margarine) are listed for each day. Milligrams of sodium are listed for each ITEM. Any item with more than 500mg is considered a higher sodium item and is identified with an asterisk.

Milk= 125mg sodium. Margarine= 35 mg sodium.

Menu subject to change.

Thank you

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



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Monday	Tuesday	Wednesday	Thursday	Friday
14	15	16	17	18
Pier 17 fish W/ Tartar Sauce Parsley Potatoes Brussel Sprouts Wheat bread Margarine Apple	Chicken Chunks W/Honey Mustard Sauce Dirty Rice Chuck Wagon Corn Wheat bread Margarine Strawberry Yogurt	Lasagna W/ Tomato Sauce & Meatball Spinach Biscuit Margarine Mixed Berry Applesauce Cup	Cold Plate Meal garden salad W/White Meat Chicken Salad W L.S. Italian Dressing Quinoa Salad Multi-grain Bread Margarine Pear	L.S. Hot dog Hot Dog Bun W/Mustard Baked Beans Cauliflower W/ Diced Peppers Margarine Oatmeal Cookie *HIGH SODIUM*
21	22	23	24	25
Ravioli W/Tomato Sauce & Meatball Italian Green Bean Wheat Dinner Roll Margarine 7 Fruit Crunch Bar	Bbq Pork Patty Sweet Potato Broccoli Multi-grain Bread Margarine Applesauce Cup	Grilled Chicken Lemone Bowtie Pasta Asparagus Wheat Bread Margarine Peach	Salisbury Steak W/L.S. Mushroom Gravy Garlic Mashed Potato Cut Corn Wheat Bread Margarine Chocolate Pudding Cup	Make Your Own Cold Roast Turkey Sandwich on Multi Wheat Bread Shredded Lettuce & Tomato Slice Must. & Mayo Pkt Red-skin Potato Salad Coleslaw Fruit snack loaf muffin
28	29	30	31	Menu Subject to Change Thank You.
Broccoli and Cheese Stuffed Chicken Breast Sweet Potato California Blend Wheat bread Margarine Blueberry Yogurt	Lasagna W/ Tomato Sauce & Meatball Green Peas Wheat Dinner Roll Margarine Orange * HIGH SODIUM *	Hamburger on a Bun W/ Ketchup pkt. Potato Wedges Steamed Broccoli Bulkie Roll Butterscotch Pudding Cup	Sweet & Sour Meatballs White Rice Oriental Vegetables Wheat Bread Margarine Pear	

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