



# Kosher 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>
	Turkey/Veal Cutlets French Fries Mixed Veg. Whole Grain Bread Fruit	Baked Fish w/ Mustard Sauce Mashed Potatoes Broccoli Whole Grain Bread Fruit	Veal Cutlet in Marinara Sauce Rotini Green Beans Whole Grain Bread Fruit	Meatloaf Mashed Potatoes Peas and Carrots Whole Grain Bread Fruit
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Fish Cakes Mashed Potatoes Steamed Peas Whole Grain Bread Fruit	Turkey Meatloaf Elbow Macaroni Carrots Whole Grain Bread Fruit	Fish Creole Brown Rice Wax Beans Whole Grain Bread Fruit	Meatballs Marinara Sauce Noodles Carrots Whole Grain Bread Fruit	Chicken Stew Moroccan Rice Green Beans Whole Grain Bread Fruit
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Lemon Pepper Fish Cutlets Steamed Quinoa Garlic Broccoli Whole Grain Bread Fruit	Lazy Stuffed Cabbage Brown Rice Steamed Carrots Whole Grain Bread Fruit	Chicken Cutlets in Marinara Sauce Rotini Green Beans Whole Grain Bread Fruit	Russian Dressed Fish Rice Pilaf Green Beans Whole Grain Bread Fruit	American Chop Suey Herbed Orzo Peas and Carrots Whole Grain Bread Fruit
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Beer Battered Fish Garlic Mashed Potatoes Steamed Broccoli Whole Grain Bread Fruit	Sweet and Sour Meatballs w/ Pasta Green Beans Whole Grain Bread Fruit	Turkey Patty, Orzo Primavera Steamed Carrots Whole Grain Bread Fruit	Panko Crusted Fish Brown Rice Mixed Veg. Whole Grain Bread Fruit	Roasted Chicken Mashed Sweet Potatoes Honey Glazed Carrots Whole Grain Bread Fruit
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Fish Cutlets Pasta Corn Whole Grain Bread Fruit	Turkey Meatloaf Mashed Potatoes Mixed Veg. Whole Grain Bread Fruit	Baked Fish w/ Matzo Breeding Barley Pilaf Peas and Carrots Whole Grain Bread Fruit	Hot Dogs Boston Baked Beans French Fries Whole Grain 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**