



Traditional Menu- August 2017



Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject to Change Thank You.	1	2	3	4
	Fish & Chips Tartar Sauce Potato Wedges Ketchup Mixed Veg. Italian Bread Fruit	Beef Stew White Rice California Blend Vegetables Wheat Roll Brownie	Stuffed Shells w/Marinara Sauce Spinach Wheat Bread Fruit	Chicken Marsala Green Peas Rice Pilaf Wheat Bread Fruit
7	8	9	10	11
Chicken Picatta Mashed Potatoes Carrots Wheat Bread Chocolate Pudding	Meatloaf w/ Brown Gravy Mashed Potatoes Green Beans Wheat Bread Fruit	New England Baked Fish Tartar Sauce Home Fries Mixed Vegetables Italian Bread Chocolate Chip Cookie	Roast Turkey w/ Gravy Mashed Sweet Potatoes Green Peas Wheat Roll Fruit	Lasagna w/Meat Sauce Parmesan Cheese Broccoli Snack Loaf Fruit
14	15	16	17	18
Hamburger Ketchup Home Fries w/ Green & Red Spinach Hamburger Bread Chocolate Pudding	Chicken Alfredo Pasta Broccoli Italian Bread Fruit	Meatballs w/Marinara Pasta Mixed Veg. Wheat Bread Birthday Cake	General Tso's Chicken Mashed Potatoes Carrots Rye Bread Fruit	Baked Pork Chop w/ Gravy White Rice California Blend Vegetables Wheat Bread Fruit
21	22	23	24	25
Beef Chili w/Shredded Cheddar Spinach Baked Tortilla Chips Vanilla Pudding	Chicken Sausage w/ Cabbage Rice Pilaf Green Beans w/Peppers Italian Bread Fruit	Chinese Twice- Cooked Pork White Rice Mixed Veg. Wheat Roll Oatmeal Cookie	BBQ Chicken Mashed Potatoes Carrots Wheat Bread Fruit	Baked White Fish Tartar Sauce Potato Wedges Ketchup Broccoli Wheat Bread Fruit
28	29	30	31	
Rosemary Chicken Mashed Potatoes Broccoli Wheat Bread Vanilla Pudding	Hot Dog Mustard Ketchup Mixed Veg. Baked Beans White Hot Dog Bun Fruit	Sesame Beef White Rice California Blend Vegetables Wheat Roll Brownie	Popcorn Chicken Sweet & Sour Sauce 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