



Vegetarian Menu- September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
CLOSED 	Veggie Patty W/ Raisin Sauce Dill Broccoli Wheat Bread Fruit	Tuscan Tofu Braised Tomatoes & White Beans Kale Wheat Roll Carrot Cake	Zucchini Fritters W/ Tartar Sauce Potato Wedges Mixed Veg. Wheat Bread Fruit	BBQ Chickpeas Mashed Sweet Potatoes Green Beans Wheat Bread Fruit
9	10	11	12	13
Falafel W/ Apple Chutney Rice Pilaf Carrots Rye Bread Sugar Free Jell-O	Whole Grain Cheese Quesadilla Rice & Beans Collard Greens Fruit	Garlic Parmesan White Bean Nuggets Brown Rice Mixed Veg. Rye Bread Fruit	Macaroni & Cheese Green Peas Whole Grain Roll Fig Bar	Cheese Lasagna W/ Marinara Sauce Broccoli Wheat Bread Fruit
16	17	18	19	20
Black Bean Sweet Potato Hash White Rice Green Peas Italian Bread Vanilla Pudding	White Bean Chili W/ Buttermilk Biscuit White Bread Fruit	Vegetarian Chop Suey Whole Grain Pasta Kale Greens Rye Greens Fruit	Peach Glazed Tofu Wild Rice Broccoli Wheat Bread Fruit	Teriyaki Tofu Brown Rice Broccoli Wheat Bread Fruit
23	24	25	26	27
Savory Fried Tofu W/ Gravy Mashed Potatoes Carrots Wheat Bread Sugar Free Jell-O	Chickpea Nuggets W/ Cabbage Brown Rice Pilaf Broccoli Wheat Roll Fruit	Black Bean Quinoa Stuffed Pepper White Rice California Veg. Birthday Cake Fruit	Vegetable Frank W/ Ketchup & Mustard Baked Beans Mixed Veg. Fruit	Vegetable Pinwheel Mushrooms, Onions & Peppers Green Beans Italian Bread Fruit
30	To Cancel a meal, please call (617) 522-6700 Ext. 306 by 9am the previous day. A suggested donation of \$2.00 is requested. <i>Each meal includes low fat milk (125), Margarine (30) and bread (varies).</i> <i>The calories and sodium content of each meal was provided by City Fresh.</i> Menu subject to change. Thank you			
Veggie Carbonara Whole Grain Pasta Broccoli Scali Bread Butterscotch Pudding				
An apple a day keeps the doctor away! As we roll into the cooler weather, apples become a very popular fruit at farmers markets and farm stands state wide. Apples are a good source of potassium, phosphorous, calcium, magnesium, iron, and zinc. Apples also contain many other vitamins and are a good source of fiber. Apples are very versatile in the kitchen. They pair well with cheese, nut butters, chicken, pork; making a great snack or addition to a main entree.				
Easy Baked Apple • 2 Apples, cored • 2 Tablespoons • Brown Sugar • 1 teaspoons Nutmeg • 1 teaspoon Cinnamon • Teaspoons Butter 1. Core the apples, leaving the bottom intact. 2. In a bowl, mix the brown sugar, cinnamon and nutmeg. Spoon the sugar mixture into the apples and set a teaspoon (or more to your taste) of butter on top of each apple. Place the apples in a deep casserole dish and cover. 3. Microwave for 3 1/2 to 4 minutes or until tender. Let the apples sit for a couple minutes before serving.				
From the desk of Alexandra Hill MS, RD, Ethos Community Dietitian				

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