

Kosher Menu - March 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To cancel a meal please call (617) 522-6700 ext. 306 by 9am the previous day. A suggested donation of \$2.00 is requested. Each meal includes low fat milk and bread.</p> <p>March is National Nutrition Month! National Nutrition Month is a yearly nutrition education campaign to help focus on the importance of making informed choices and developing healthy eating and physical activity habits. This year's theme is "Personalize Your Plate." The theme helps remind us that food and activity habits are not "one size fits all," they should be able to be conformed based off age, physical ability, cultural beliefs, and economical capacity. When being provided nutrition or exercise tips remember to adjust to what fits best in your life to help make long term changes; the more adaptable it is to your life the easier and more sustainable it will be. Those who are providing the education, for example a fitness instructor or dietitian, are there and willing to help make modifications to a plan so you can be successful.</p>				<p>We are delivering using a no contact procedure. The driver will knock on your door or ring the door bell when they arrive at your home. Please verbally acknowledge the driver, who will then leave the meal on your door handle. A meal will not be left if there is no verbal response.</p>
1	2	3	4	5
Broccoli & Farfalle Alfredo Peas & Carrots Rye Bread Fruit	Peach & Balsamic Chicken Herbed Roasted Potatoes Edamame & Peppers Dinner Roll Tropical Fruit Cup	Herbed Baked Fish Lemon Rice Mixed Vegetables Rye Bread Fruit	Chicken Marsala Rice Pilaf Roasted Cauliflower Wheat Bread Apple Slices	Meatloaf w/ Gravy Mashed Potatoes Green Beans Rye Bread Fruit
8	9	10	11	12
Swedish Meatballs Mashed Potatoes Vegetable Medley Rye Bread Apple Sauce	Baked Macaroni & Cheese Roasted Green Beans Dinner Roll Fruit	Turkey Chili Mini Corn Muffin Corn Rye Bread Fruit	Beef Bolagnese Bow Tie Pasta Yellow Wax Beans Wheat Bread Fruit	Beef Burgundy Roasted Potatoes Steamed Carrots Rye Bread Fruit
15	16	17	18	19
Stuffed Cabbage Roasted Cauliflower Rye Bread Apple Slices	Italian Rosemary Chicken Jasmine Rice Peas & Pearl Onions Dinner Roll Fruit	St. Patrick's Day	Parmesan Baked Cod Herbed Orzo Yellow Wax Beans Rye Bread Fruit	Beef Pot Roast O'Brien Potatoes Diced Butternit Squash Wheat Bread Fruit
22	23	24	25	26
Meatball Straganoff Mashed Potatoes Steamed Carrots Rye Bread Fruit	Beef Stew Mixed Vegetables Dinner Roll Fruit	Rotisserie Chicken White Rice Green Peas Rye Bread Fruit	Makaroni Po-Flotski Vegetable Medley Wheat Bread Fruit	Chicken Stew Mashed Potatoes Green Beans Rye Bread Fruit
29	30	31		
Asian Chicken Meatballs Sqaush Medley Matzo Fruit	Peach & Balsamic Chicken Herbed Roasted Potatoes Diced Carrots Matzo Tropical Fruit Cup	Herbed Baked Fish Roasted Quinoa Mixed Vegetables Matzo Fruit	<p>Menu subject to change.</p> <p>Thank you</p>	
<p>Please notify Ethos of any life threatening food allergies @ 617-477-6606</p>				