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.

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.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Broccoli &amp; Farfalle Alfredo Peas &amp; Carrots Rye Bread Fruit</td>
<td>Peach &amp; Balsamic Chicken Herbed Roasted Potatoes Edamame &amp; Peppers Dinner Roll Tropical Fruit Cup</td>
<td>Herbed Baked Fish Lemon Rice Mixed Vegetables Rye Bread Fruit</td>
<td>Chicken Marsala Rice Pilaf Roasted Cauliflower Wheat Bread Apple Slices</td>
<td>Meatloaf w/ Gravy Mashed Potatoes Green Beans Rye Bread Fruit</td>
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<tr>
<td>Swedish Meatballs Mashed Potatoes Vegetable Medley Rye Bread Apple Sauce</td>
<td>Baked Macaroni &amp; Cheese Roasted Green Beans Dinner Roll Fruit</td>
<td>Turkey Chili Mini Corn Muffin Corn Rye Bread Fruit</td>
<td>Beef Bolagnese Bow Tie Pasta Yellow Wax Beans Wheat Bread Fruit</td>
<td>Beef Burgundy Roasted Potatoes Steamed Carrots Rye Bread Fruit</td>
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<tr>
<td>Stuffed Cabbage Roasted Cauliflower Rye Bread Apple Slices</td>
<td>Italian Rosemary Chicken Jasmine Rice Peas &amp; Pearl Onions Dinner Roll Fruit</td>
<td>Parmesan Baked Cod Herbed Orzo Yellow Wax Beans Rye Bread Fruit</td>
<td>Beef Pot Roast O’Brien Potatoes Diced Butternut Squash Wheat Bread Fruit</td>
<td>Chicken Tetrazzini Vegetables Rye Bread Fruit</td>
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<tr>
<td>Meatball Straganoff Mashed Potatoes Steamed Carrots Rye Bread Fruit</td>
<td>Beef Stew Mixed Vegetables Dinner Roll Fruit</td>
<td>Rotisserie Chicken White Rice Green Peas Rye Bread Fruit</td>
<td>Makaroni Po-Flotski Vegetable Medley Wheat Bread Fruit</td>
<td>Chicken Stew Mashed Potatoes Green Beans Rye Bread Fruit</td>
</tr>
<tr>
<td>Asian Chicken Meatballs Squash Medley Matzo Fruit</td>
<td>Peach &amp; Balsamic Chicken Herbed Roasted Potatoes Diced Carrots Matzo Tropical Fruit Cup</td>
<td>Herbed Baked Fish Roasted Quinoa Mixed Vegetables Matzo Fruit</td>
<td>Menu subject to change.</td>
<td>Thank you</td>
</tr>
</tbody>
</table>

Please notify Ethos of any life threatening food allergies @ 617-477-6606