Monday	Tuesday	Wednesday	Thursday	Friday
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. Menu subject to change. Thank you			1 Chicken Marsala Tri Colored Quinoa Roasted Cauliflower Matzo Apple	Beef Pot Roast Mashed Potatoes Broccoli Matzo Fruit
Brocoli & Farfalle Alfredo Peas & Carrots Rye Bread Fruit	5 6 Chicken Straganoff Herbed Roasted Potatoes Vegetables Dinner Roll Tropical Fruit Cup	7 Parmesan Baked Fish Lemon Rice Vegetables Rye Bread Fruit	Chicken Marsala Rice Pilaf Roasted Cauliflower Wheat Bread Apple Slices	Meatloaf w/ Gravy Mashed Potatoes Green Beans Rye Bread Fruit
1 Swedish Meatballs Mashed Potatoes Vegetable Medley Rye Bread Apple Sauce	2 13 Macaroni & Cheese w/ Spinach & Onions Roasted Green Beans Dinner Roll Fruit	14 Turkey Chili Mini Corn Muffin Peas Rye Bread Apple Slices	15 Blueberry Blintzes Home Fries Vegetable Sausage Patty Wheat Bread Fruit	Beef Burgundy Roasted Potatoes Steamed Carrots Rye Bread Fruit
1 CLOSED	9 20 Italian Rosemary Chicken White Rice Peas & Pearl Onions Dinner Roll Fruit	21 Seared Cod Cake Herbed Orzo Pilaf Corn w/ Red Peppers Rye Bread Fruit	22 Beef Pot Roast Mashed Potatoes Roasted Root Vegetables Wheat Bread Fruit	Chicken Tertrazzini Mixed Vegetables Rye Bread Fruit
2 Meatball Stroganoff Mashed Potatoes Steamed Carrots Rye Bread Fruit	6 27 Beef Stew Mixed Vegetables Dinner Roll Peaches	28 Rotisserie Chicken White Rice Green Peas Rye Bread Fruit	Makaroni Po-Flotski Vegetable Medley Wheat Bread Orange	Chicken Stew O'Brien Potatoes Green Beans Rye Bread Fruit
bacteria. If you d you're ready to e ready, We are delivering	orne illness, it is importation't plan on eating the eat and be sure that it is reheat your meal to an using a no contact provive at your home. Ple	hot home delivered r n't sitting at room ter internal temperature o ocedure. The driver	neals immediately, ref nperature for longer th of 165°F or until stear will knock on your d	frigerate them until han 2 hours. When ning hot. loor or ring the doo

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