

Kosher Menu- May 2021

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.

In April you receive a survey for your Home delivered meals. If you have not returned the survey please do ASAP. Thank you!

Your feedback helps us to serve you better!

Menu subject to change.
Thank you

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Broccoli & Farfalle Alfredo Peas & Carrots Rye Bread Fruit	Chicken Stragonoff Herbed Roasted Potatoes Wax Beans Dinner Roll Tropical Fruit Cup	Parmesan Baekd Fish Lemon Rice Vegetables Rye Bread Fruit	Chicken Marsala Mashd Potatoes Roasted Cauliflower Wheat Bread Cookies	Beef & Broccoli Jasmine Rice Gingered Carrots Rye Bread Fruit
10	11	12	13	14
Chicken Meatballs Mashed Potatoes Vegetable Medley Rye Bread Apple Sauce	Macaroni & Cheese w/ Spinach & Onions Roasted Green Beans Dinner roll Cake	Turkey Chili Mini Corn Muffin Peas Rye Bread Apple Sauce	Blueberry Blintzes Home Fries Vegetable Sausage Patty Wheat Bread Cookies	Beef Burgundy Roasted Potatoes Steamed Carrots Rye Bread Fruit
17	18	19	20	21
Beef Bolognese Egg Noodles Roasted Cauliflower Rye Bread Apple Slices	Italian Rosemary Chicken Red Bliss Potatoes Peas & Pearl Onions Dinner Roll Cake	Seared Cod Cake Herbed Orzo Pilaf Corn w/ Red Peppers Rye Bread Fruit	Meatloaf w/ Gravy Mashed Potatoes Green Beans Wheat Bread Cookies	Grilled Chicken Sausage Peppers & Onions Mixed Vegetables Rye Bread Fruit
24	25	26	27	28
Meatball Stroganoff Mashed Potatoes Carrots Rye Bread Fruit	Beef Stew Mixed Vegetables Dinner Roll Peaches	BBQ Pulled Pork Baked Beans Corn & Okra Rye Bread Cake	Makaroni Po Florski Vegetable Medley Wheat Bread Fruit	Chicken Stew O'Brien Potatoes Green Beans Rye Bread Cookies
31				
CLOSED	<p>May is Older Americans Month. As someone ages, they may not feel thirsty. The body still needs fluids even if they do not feel thirsty all of the time. It will be important to remember drink beverages throughout the day. Juice, flavored waters, coffee/tea and sodas can add to your hydration, but getting enough water will be the most important! In additional to proper hydration, there are certain nutrients that become more important as we age. Calcium and Vitamin D are two of the important nutrients to increase to help maintain bone health. Calcium and Vitamin D can be found in dairy products and non-dairy products fortified with calcium and vitamin D.</p> <p><i>From the desk of Mary Lonzo M.Ed, RD, LDN Community Dietitian</i></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>

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