



Traditional Menu- April 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>Calories for the total meal (including milk and margarine) are listed for each day. Milligrams of sodium are listed for each ITEM. Any item with more than 500mg is considered a higher sodium item and is identified with an (*) asterisk. All nutrition information was provided by City Fresh foods.</p> <p>Milk= 125mg sodium. Margarine= 35 mg sodium.</p> <p>Menu subject to change.</p> <p>Thank you</p>			Easter Holiday Meal	1
			Honey Glazed Ham with Raisins (357) Scalloped Potatoes (304) Carrots (24) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 857 Sodium: 1020 mg	Shrimp in Tomato & Caper Sauce with Parmesan Cheese (815)* Whole Grain Pasta (0) Vegetable Medley (24) Wheat Roll (180) Mandarin Oranges (5) 1% Milk (125) Margarine (35) Cal: 690 Sodium: 1179 mg
5	6	7	8	9
Shepherd's Pie (269) Mashed Potatoes (115) Green Beans with Peppers (0) Wheat Roll (180) Vanilla Pudding (130) 1% Milk (125) Margarine (35) Cal: 737 Sodium: 849 mg	Chicken Parmesan (742)* Whole Grain Pasta (0) Mixed Vegetables (18) Scali Bread (175) Tropical Fruit Cup (0) 1% Milk (125) Margarine (35) Cal: 703 Sodium: 1090 mg	Turkey Tetrazzini (365) Whole Grain Pasta (0) Broccoli (0) Wheat Roll (180) Mini Caramel Cheesecake (350) 1% Milk (125) Margarine (35) Cal: 1016 Sodium: 1050 mg	Tuscan Chicken (321) Garlic Mashed Potatoes (32) Braised Tomatoes & White Beans (332) Scali Bread (175) Clementines (2) 1% Milk (125) Margarine (35) Cal: 735 Sodium: 1017 mg	Whole Grain Stuffed Shells (380) with Meat Bolognese (171) Brussels Sprouts (15) Wheat Roll (180) Mandarin Oranges (5) 1% Milk (125) Margarine (35) Cal: 733 Sodium: 906 mg
12	13	14	15	16
Egg Roll Skillet with Ground Chicken (335) White Rice (25) Kale with Peppers (12) Scali Bread (175) Chocolate Pudding (135) 1% Milk (125) Margarine (35) Cal: 752 Sodium: 837 mg	Balsamic Salmon (58) Vegetable Rice Pilaf (29) Broccoli (0) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 716 Sodium: 422 mg	Caprese Chicken (300) Wild Rice (20) Vegetable Medley (24) Whole Grain Cornbread (90) Tropical Fruit Cup (0) 1% Milk (125) Margarine (35) Cal: 820 Sodium: 589 mg	Meatloaf with Gravy (198) Stuffed Baked Potato (370) Carrots (24) Scali Bread (175) Clementines (2) 1% Milk (125) Margarine (35) Cal: 756 Sodium: 924 mg	Breaded Catfish (350) Whole Grain Macaroni & Cheese (335) Mixed Vegetables (18) Wheat Roll (180) Mandarin Oranges (5) 1% Milk (125) Margarine (35) Cal: 830 Sodium: 1043 mg

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



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Monday	Tuesday	Wednesday	Thursday	Friday
19	20	21	22	23
<p>CLOSED</p> 	<p>Honey Garlic Chicken Drumsticks (139) Mashed Potatoes (32) California Blend Vegetables (15) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35)</p> <p>Cal: 731 Sodium: 521 mg</p>	<p>American Chop Suey (285) Whole Grain Pasta (0) Broccoli (0) Scali Bread (175) Banana (0) 1% Milk (125) Margarine (35)</p> <p>Cal: 771 Sodium: 615 mg</p>	<p>White Fish with Sundried Tomato Cream Sauce (421) Couscous (29) Carrots (24) Scali Bread (175) Tropical Fruit Cup (0) 1% Milk (125) Margarine (35)</p> <p>Cal: 693 Sodium: 804 mg</p>	<p>Stir-Fry Beef with Vegetables (546)* Brown Rice (83) Green Peas (0) Snack Loaf (150) Fruit (0) 1% Milk (125) Margarine (35)</p> <p>Cal: 689 Sodium: 934 mg</p>
26	27	28	29	30
<p>Chicken Pot Pie (378) Whole Grain Buttermilk Biscuit (410) California Blend Vegetables (15) Chocolate Pudding (135) 1% Milk (125) Margarine (35)</p> <p>Cal: 872 Sodium: 1093 mg</p>	<p>Spiced Pork with Apples (58) Couscous (29) Green Beans with Peppers (0) Wheat Roll (180) Peaches (4) 1% Milk (125) Margarine (35)</p> <p>Cal: 740 Sodium: 426 mg</p>	<p>Roast Turkey with Gravy (472) Mashed Potatoes (32) Carrots (24) Garlic Bread (210) Double Chocolate Brownie (90) 1% Milk (125) Margarine (35)</p> <p>Cal: 710 Sodium: 983 mg</p>	<p>Potato Pollock (330) Tarter Sauce (85) Macaroni & Cheese (335) Mixed Vegetables (18) Scali Bread(175) Clementines (2) 1% Milk (125) Margarine (35)</p> <p>Cal: 845 Sodium: 1100 mg</p>	<p>Chicken Piccata (630)* Whole Grain Pasta (0) Broccoli (0) Wheat Roll (180) Mandarin Oranges (5) 1% Milk (125) Margarine (35)</p> <p>Cal: 805 Sodium: 970 mg</p>
<p>To prevent food-borne illness, it is important that your meals are reheated to the proper temperature to kill bacteria. If you don't plan on eating the hot home delivered meals immediately, refrigerate them until you're ready to eat and be sure that it isn't sitting at room temperature for longer than 2 hours. When ready, reheat your meal to an internal temperature of 165°F or until steaming hot.</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>	

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