

Kosher Menu - May 2022

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

All HDM Drivers will be required to see someone at delivery, and will be required to ask about clients at least twice week. No Home Delivered Meal will be left without seeing someone at delivery.

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Broccoli & Farfalle Alfredo Peas & Carrots Rye Bread Tropical Fruit	Beef Stroganoff Herbed Roasted Potatoes Bean Medley Dinner Roll Peaches	Parmesan Baked Fish Lemon Rice Carrots Rye Bread Seasonal Fruit	Noodle Kugel Broccoli & Corn Wheat Bread Applesauce	Glazed Meatload Mashed Potatoes Mixed Vegetable Rye Bread Seasonal Fruit
9	10	11	12	13
Chicken Meatballs Mashed Potatoes Vegetable Medley Rye Bread Seasonal Fruit	Macaroni & Cheese with Spinach & Onions Roasted Green Beans Dinner Roll Seasonal Fruit	Salisbury Steak with Gravy Herbed Pasta Mushrooms & Spinach Rye Bread Seasonal Fruit	Chicken Marsala Quinoa Mixed Vegetables Wheat Bread Seasonal Fruit	Beef Burgundy Roasted Potatoes Steamed Carrots Rye Bread Seasonal Fruit
16	17	18	19	20
Beef Bolognese Egg Noodles Roasted Cauliflower Rye Bread Seasonal Fruit	Italian Rosemary Chicken Red Bliss Potatoes Peas and Pearl Onions Dinner Roll Peaches	Eggplant Parmesan Mixed Vegetable Rye Bread Seasonal Fruit	Lemon & Dill Baked Cod Quinoa Pilaf Steamed Carrots Wheat Bread Diced Pears	Citrus Chicken Potato Wedges Vegetable Medley Matzo Crackers Seasonal Fruit
23	24	25	26	27
Meatball Stroganoff Mashed Potatoes Steamed Carrots Rye Bread Seasonal Fruit	Breaded Chicken Cutlet Quinoa Pilaf Corn Dinner Roll Seasonal Fruit	Lasagna Roll Mixed Vegetables Rye Bread Seasonal Fruit	Fruit Blintzes Home Fries veggie Patties Wheat Bread Tropical Fruit	Chicken Stew O'Brien Potatoes Green Beans Rye Bread Seasonal Fruit
30	31			
<p>CLOSED</p>  <p>Holiday meals will be sent out the week of 5/23/2022.</p>	Beef Stroganoff Herbed Roasted Potatoes Bean Medley Dinner Roll Peaches			

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