



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

## Ethos Menu-July 2022

Monday 7/11		Tuesday 7/12		Wednesday 7/13		Thursday 7/14		Friday 7/15	
	Na+		Na+		Na+		Na+		Na+
Hamburger w/ Bun	575	Rotisserie BBQ Chicken	230	Cheese Lasagna	400	Breaded Chicken Tenders	573	Lemon Garlic Beef	296
Seasoned Potato Wedges	267	w/ Fiesta Rice	148	w/ Meat Sauce	153	Peas and Carrots	28	w/ Roasted Rosemary Potatoes	25
Asparagus	3	Buttered Green Beans	4	Sautéed Spinach w/ Garlic	109	Mashed Sweet Potatoes	267	Sliced Zucchini and Squash	11
Raisins	4	Biscuit	267	Wheat Dinner Roll	338	w/ LS Gravy	19	Breadstick	130
Ketchup Pkt	82	Fig Bar	35	Fresh Orange	4	Breadstick	130	Chewy Granola Bar	110
						Fresh Apple	1		

Calories: 820	Na: 1091		Calories: 835	Na: 844		Calories: 833	Na: 1165		Calories: 792	Na: 1178		Calories: 924	Na: 735	
---------------	----------	--	---------------	---------	--	---------------	----------	--	---------------	----------	--	---------------	---------	--

Monday 7/18		Tuesday 7/19		Wednesday 7/20		Thursday 7/21		Friday 7/22	
Italian Sausage	751	Chicken Piccata	324	French Toast Sticks	300	Rigatoni Bolognese	266	Stuffed Chicken Cordon Royale	550
w/ Peppers & Onions		w/ Lemon Caper Sauce	179	Turkey Sausage Patty	217	Asparagus	3	w/ LS Gravy	32
Parsley Potatoes	6	Mushroom Risotto	64	Potato Puffs	39	Wheat Dinner Roll	338	Rice Pilaf	30
Italian Green Beans	4	w/ Peas and Broccoli		Spinach w/ Tomato & Cheese	156	Fresh Orange	4	Green Beans	4
Breadstick	130	Breadstick	64	Maple Syrup	23			Dinner Roll	300
Fresh Fruit	1	Chocolate Pudding	151	Applesauce Cup	14			Sugar-Free Cookie	70
Mustard Pkt.	55								
Calories: 869 Na: 1107		Calories: 706 Na: 1030		Calories: 806 Na: 908		Calories: 879 Na: 772		Calories: 851 Na: 1111	

	Na+		Na+		Na+		Na+		Na+
Meatloaf	187	Grilled Chicken Fajitas	552	Cheese Ravioli	190	Pulled Roasted Chicken Marsala	226	Carved Roasted Turkey	527
w/ LS Gravy	53	w/ Sauced Peppers & Onions		w/ Meat Sauce	153	Roasted n' Smashed Potatoes	209	w/ LS Gravy	60
Mashed Potatoes	48	Tomato Rice w/ Black Beans	36	Italian Blend Vegetables	37	Diced Carrot	97	Scallop Potatoes	47
Green Peas	62	Mixed Vegetables	28	Breadstick	130	Dinner Roll	300	California Blend Vegetables	27
Wheat Dinner Roll	338	Biscuit	267	Raisins	4	Fresh Apple	1	Herb Stuffing	267
Fresh Orange	4	Cinnamon Apple Bar	90					Strawberry Yogurt Cup	

Calories: 807	Na: 852		Calories: 784	Na: 1133		Calories: 729	Na: 817		Calories: 751	Na: 994		Calories: 904	Na: 1089	
---------------	---------	--	---------------	----------	--	---------------	---------	--	---------------	---------	--	---------------	----------	--

## Outdoor Cookouts & Food Safety

Whether it's the 4th of July or a family reunion, gathering around the table for a picnic or barbecue on a warm day is the joy of summertime. However, if some of our favorite foods – grilled meat, potato salad, or baked beans – sit out longer than two hours, it can become carriers of bacteria and food-borne illnesses. Here are three tips to use before attending your next cookout:

1. **Cleanliness:** Wash your hands with hot, soapy water or use sanitizer after handling raw meat and before eating.
2. **Temperature Safety:** Keep the hot foods in the oven or on the grill, and the cold foods on ice.
3. **Food Safety 101:** No matter how good it looks, when in doubt, throw it out!

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