

Kosher Menu - June 2022				
<i>To cancel a meal please call (617) 522-6700 ext. 306 by 9am the previous day.</i> 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 be left without seeing someone at delivery.		
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		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
6	7	8	9	10
Chicken Meatballs Mashed Potatoes Vegetable Medley Rye Bread Tropical Fruit	Macaroni & Cheese with Spinach & Onions Roasted Green Beans Dinner Roll Vanilla Puddng	Salisbury Steak with Gravy Herbed Pasta Peas and Corn Rye Bread Cake	Chicken Marsala Quinoa Mixed Vegetables Wheat Bread Seasonal Fruit	Beef Burgundy Roasted Potatoes Steamed Carrots Rye Bread Seasonal Fruit
13	14	15	16	17
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 Herbed Orzo Pilaf Corn with Red Peppers Wheat Bread Diced Pears	Citrus Chicken Rice Pilaf Peas and Corn Rye Bread Seasonal Fruit
20	21	22	23	24
CLOSED Juneteenth Holiday Holdiay frozen meals with be sent ot the week of 6/13/2022.	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 Cookies
29	28	29	30	
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 Chocolate Pudding	Noodle Kugel Broccoli & Corn Wheat Bread Applesauce	
Please notify Ethos of any life threatening food allergies @ 617-477-6606				