

Kosher Menu - August 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
1	2	3	4	5
Chicken Meatballs Mashed Potatoes Vegetable Medley Rye Bread Tropical	Macaroni & Cheese with Spinach & Onions Roasted Green Beans Dinner Roll Vanilla Puddng	Grilled Chicken Cousous Bowl (Tomatoes, Corn, Black Beans) Lemon Viaigrette Rye Bread Seasonal Fruit	Chicken Marsala Quinoa Mixed Vegetables Wheat Bread Seasonal Fruit	Beef Burgundy Roasted Potatoes Steamed Carrots Rye Bread Cookie
8	9	10	11	12
Beef Bolognese Egg Noodles Roasted Cauliflower Rye Bread Seasonal Fruit	Italian Rosemary Chicken Red Bliss Potatoes Peas and Pearl Onions Dinner Roll Peaches	Mediterranean Quinoa Bowl (Falafel, Hummus, Tabouleh) Lemon Vinaigrette Rye Bread Seasonal Fruit	Lemon & Dill Baked Cod Herbed Orzo Pilaf Corn with Red Peppers Wheat Bread Diced Pears	Chicken Cacciatore Rice Pilaf Mixed Vegetable Rye Bread Seasonal Fruit
15	16	17	18	19
Meatball Stroganoff Mashed Potatoes Steamed Carrots Rye Bread Applesauce	Breaded Chicken Cutlet Quinoa Pilaf Corn Dinner Roll Seasonal Fruit	Waldorf Tuna Bowl (Grapes, Raisins, Celery, Tomatoes, Olives) Rye Bread Seasonal Fruit	Fruit Blintzes Home Fries Veggie Patties Wheat Bread Tropical Fruit	Chicken Stew O'Brien Potatoes Green Beans Rye Bread Cookies
22	23	24	25	26
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 Meatloaf Mashed Potatoes Mixed Vegetables Rye Bread Seasonal Fruit
29	30	31		
Chicken Meatballs Mashed Potatoes Vegetable Medley Rye Bread Tropical	Macaroni & Cheese with Spinach & Onions Roasted Green Beans Dinner Roll Vanilla Puddng	Grilled Chicken Cousous Bowl (Tomatoes, Corn, Black Beans) Lemon Viaigrette Rye Bread Seasonal Fruit		

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