

# Ethos Kasher Menu-September 2022



A suggested donation of \$2.00 is requested. Each meal includes bread.  
To cancel a meal, please call (617) 477-6606 by 9AM the previous day.

**Menu subject to change.**

Thank you.

Thank you to everyone who participated in the annual surveys.  
We truly appreciate your feedback!

Monday

Tuesday

Wednesday

Thursday 9/1

Friday 9/2

**General Sodium Guidelines**

The Dietary Guidelines for Americans recommends eating less than 2,300mg of salt (1 teaspoon!) daily.  
So what can you do to cut down your salt intake?

- **Read the label.** Our lower in sodium meals range between 500-800 mg.
- **Purchase low salt foods.** Hidden sources are in boullion cubes, breads, premade foods, salad dressings.
- **Practice moderation.** For example, have a low salt lunch before having a hamburger and fries for dinner.
- **Mention any sodium or dietary concerns to the Ethos dietitian, Ani, at 617-477-6606.**

Beef Stroganoff  
Herbed Roasted Potatoes  
Bean Medley  
Wheat Bread  
Seasonal Fruit

Parmesan Baked Fish  
Lemon Rice  
Carrots  
Rye Bread  
Seasonal Fruit

Monday 9/5

Tuesday 9/6

Wednesday 9/7

Thursday 9/8

Friday 9/9

**CLOSED**

Na+

Labor Day  
Holiday meals are delivered  
the week of Septeber 2, 2022

Italian Rosemary Chicken  
Red Bliss Potatoes  
Peas and Pearl Onions  
Dinner Roll  
Peaches

**Cold Menu**

Mediterranean Quinoa  
w/ Falafel,  
Hummus  
Tabouleh  
Lemon Vinaigrette

Lemon and Dill Baked Cod  
w/ Herbed Orzo Pilaf  
Corn and Red Peppers  
Wheat Bread  
Diced pears

Chicken Cacciotore  
Rice Pilaf  
Mixed Vegetables  
Rye Bread  
Seasonal Fruit

**Attention SNAP Participants: Change your EBT Card PIN Number Immediately!**

Due to fraud and scams, you must reset your PIN number on your SNAP card. You cannot purchase food with your SNAP card until you reset your PIN.

To reset PIN number: Call 800-997-2555 with your 1) SNAP card number ready, 2) social security or 99 number ready, 3) date of birth.

Questions? Call the Department of Transition Assistance at 877-382-2363.

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

## Ethos Kasher Menu-September 2022

Monday 9/12	Tuesday 9/13	Wednesday 9/14	Thursday 9/15	Friday 9/16
Meatball Stroganoff Mashed Potatoes Steamed Carrots Rye Bread Apple Sauce	Breaded Chicken Cutlet Quinoa Pilaf Corn Dinner Roll Seasonal Fruit	<b>Cold Menu</b> Waldorf Tuna Bowl 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
Monday 9/19	Tuesday 9/20	Wednesday 9/21	Thursday 9/22	Friday 9/23
Broccoli and Farfalle Alfredo Peas and Carrots Rye Bread Seasonal Fruit	Chicken Marsala Quinoa Pilaf Mixed Vegetables Dinner Roll Seasonal Fruit	Beef Burgundy Roasted Potatoes Steamed Carrots Rye Bread Seasonal Fruit	Noodle Kugel Corn and Broccoli Wheat Bread Apple Sauce	Glazed Meatloaf Mashed Potatoes Mixed Vegetables Rye Bread Seasonal Fruit
Monday 9/26	Tuesday 9/27	Wednesday 9/28	Thursday 9/29	Friday 9/30
Chicken Meatballs Mashed Potatoes Vegetable Medley Rye Bread Tropical Fruit Cup	Mac n' Cheese w/ Spinach and Onions Roasted Green Beans Dinner Roll Seasonal Fruit	<b>Cold Menu</b> Grilled Chicken Couscous w/ Corn, Tomatoes, Beans Lemon Vinaigrette Rye Bread Seasonal Fruit	Beef Stroganoff Herbed Roasted Potatoes Bean Medley Wheat Bread Seasonal Fruit	Parmesan Baked Fish Lemon Rice Carrots Rye Bread Seasonal Fruit



**Reminder!**  
Use your farmers market coupons for fresh fruits and vegetables.  
They expire October 31, 2022.



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