

Ethos Kosher Menu-October 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.

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 10/3	Tuesday 10/4	Wednesday 10/5	Thursday 10/6	Friday 10/7
Beef Bolognese	Italian Rosemary Chicken	Stuffed Shells	Lemon and Dill Baked Cod	Chicken Cacciatore
Egg Noodles	Red Bliss Potatoes	Garlic Bread	Herbed Orzo Pilaf	Rice Pilaf
Roasted Cauliflower	Peas and Pearl Onions	Vegetable Medley	Corn with Red Peppers	Mixed Vegetables
Tropical Fruit Cup - Rye Bread	Vanilla Pudding-Dinner Roll	Cake - Rye Bread	Seasonal Fruit - Wheat Bread	Cookies - Rye Bread
Monday 10/10	Tuesday 10/11	Wednesday 10/12	Thursday 10/13	Friday 10/14
CLOSED	Breaded Chicken Cutlet	Makaroni Po Flotski (Beef & Macaroni)	Fruit Blintzes	Chicken Stew
Columbus Day	Quinoa Pilaf	Mixed Vegetables	Home Fries	O'Brien Potatoes
	Corn	Seasonal Fruit -Rye Bread	Veggie Patties	Green beans
	Peaches - Dinner Roll		Diced Pears -Wheat Bread	Seasonal Fruit -Rye Bread

The Science Behind Soup

When we think cooler weather, what foods come to mind? Soups and stews? Science says when foods are cooked in a liquid or broth, their nutrients go out with it. Often times, we can see that happen when the liquid or broth changes color. And bonus: when we drink that liquid, we also hydrate our bodies, which can be often overlooked during fall and winter seasons. So, the next time soup is on the menu, remember how and why this warm dish keeps us nourished.

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

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Monday 10/17		Tuesday 10/18		Wednesday 10/19		Thursday 10/20		Friday 10/21	
Broccoli and Farfalle Alfredo		Chicken Marsala		Beef Burgundy		Noodle Kugel		Glazed Meatloaf	
Peas and Carrots		Quinoa Pilaf		Roasted Potatoes		Broccoli & Corn		Mashed Potatoes	
Apple Sauce - Rye Bread		Mixed Vegetables		Steamed carrots		Tropical Fruit - Wheat Bread		Mixed Vegetables	
		Seasonal Fruit - Dinner Roll		<u>Seasonal Fruit - Rye Bread</u>				Cookies - Rye Bread	
Monday 10/24		Tuesday 10/25		Wednesday 10/26		Thursday 10/27		Friday 10/28	
Chicken Meatballs		Macaroni & Cheese w/ Spinach and Onions		Chicken Stir Fry		Beef Stroganoff		Parmesan Baked Fish	
Mashed Potatoes		Roasted Green Beans		Basmati Rice		Herbed Roasted Potatoes		Lemon Rice	
Vegetable Medley		Peaches - Dinner Roll		Baby Bok Choy		Bean Medley		Carrots	
Seasonal Fruit- Rye Bread				Chocolate Pudding - Rye Bread		Apple Sauce - Wheat Bread		Seasonal Fruit - Rye Bread	
Monday 10/31									
Beef Bolognese									
Egg Noodles									
Roasted Cauliflower									
Tropical Fruit Cup - Rye Bread									

Experiencing Medicare Questions or Issues?

There are two programs that may help. The Boston SHINE Program at Ethos ensures that residents have access to accurate and unbiased information about their healthcare options. The Medicare Advocacy Project (MAP) at Greater Boston Legal Services offers free legal services for issues which cannot be resolved with assistance from SHINE.

For more, call SHINE Program at Ethos at 617-522-9270 or MAP at 617-603-1700.

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