Traditional Menu –May 2013

Monday	Tuesday	Wednesday	Thursday	Friday
To cancel a meal, please call: (617)522-6700 Ext. 306 Before 9 am the previous day. Thank You	A suggested donation of $2.00 is requested. Menu subject to change. Each meal includes low fat milk and bread.	1 Hamburger Corn W/ Red Peppers Ketchup Hamburger Bun Fresh Fruit	2 Turkey W/Creole Sauce Red Beans and Rice Carrots Wheat Roll Fresh Fruit	3 Cheese Tortellini W/Meat Sauce Italian Blend Veg. Whole Wheat Roll Snack Loaf
6 Pork Chops Collard Greens Hamburger Bun Fresh Fruit	7 Chicken Parmesan Rotini Pasta Spinach Rye Bread Cherry Turnover	8 Baked Fish W/ Diced Tomatoes Brown Rice Cauliflower W/Red Peppers Fresh Fruit	9 Roast Beef W/Gravy Garlic Mashed Potatoes Mixed Veg. Wheat Bread Fresh Fruit	10 Turkey W/Citrus Sauce Red Potatoes Green Beans Wheat Bread Chocolate Pudding
13 Stuffed Rigatoni W/Marinara Sauce Broccoli Dinner Roll Apple Cinnamon Muffin	14 Pork Chops W/ Gravy Rice Pilaf Corn with Red Peppers Multi-Grain Bread Fresh Fruit	15 Lemon & Garlic Chicken Mashed Potatoes Spinach Wheat Bread Chocolate Pudding	16 Baked Fish Florentine Egg Noodles Green Peas Multi-Grain Bread Fresh Fruit	17 Beef Lyonnais Bowtie Pasta Broccoli W/ Red Pepper Rye Bread Fresh Fruit
20 Roast Turkey W/ Gravy Sweet Potatoes Mixed Veg. Dinner Roll Fresh Fruit	21 Cheese Lasagna Italian Blend Veg. Wheat Roll Chocolate Pudding	22 Lemon Pepper Pork Black Eye Peas & Rice Stewed Tomatoes Multi-Grain Bread Fresh Fruit	23 Chicken Scampi W/ Diced Tomatoes & Olives Bowtie Pasta Broccoli & Cauliflower Italian Bread Oatmeal Cookie	24 Hot Dog Baked Beans Corn Hot Dog Bun Mustard Fresh Fruit
27 Closed Memorial Day Holiday 	28 Pasta & Meatballs W/ Marinara Sauce Green Beans Dinner Roll Fresh Fruit	29 Turkey Milanese Penne Pasta Broccoli W/ Red Pepper Italian Bread Birthday Cake	30 Roast Pork w/Gravy Parsley Boiled Potatoes California Blend Veg. Wheat Bread Fresh Fruit	31 Chicken W /Balsamic Citrus Sauce Brown Rice & Beans Broccoli Wheat Bread Fresh Fruit

PLEASE NOTIFY ETHOS OF ANY LIFE THREATENING FOOD ALLERGIES AT (617) 522-6700 Ext. 306