



Do you need help paying for groceries?

Did you know that 126,000 seniors in our state are using SNAP benefits to help buy food?

Eating right is key to staying healthy and SNAP can help seniors on a tight budget afford nutritious food.

Boston ElderINFO can check your eligibility and help you apply for SNAP benefits.



CONTACT US
to learn more and apply

Visit elderinfo.org or call us at 617-292-6211

We will need to hand your meal directly to you. Drivers will no longer be allowed to leave meals on the door with a verbal acknowledgment. All of our staff have been fully vaccinated. Thank you for your cooperation.

Starting July 1st, 2021 under the guidance of Ethos, Boston Senior Home Care and Central Boston Elder Services, Emily's will once again be required to see consumers on a daily basis. Our previous no contact policy will no longer be in effect.

MAY 2025





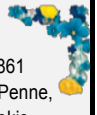





SENIOR MENU

MAY 2025

ETHOS

NOTES: MILK IS SERVED WITH ALL MEALS. MARGARINE IS SERVED WITH ALL BREADS AND ROLLS

MENU SUBJECT TO CHANGE WITHOUT NOTICE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27-Apr	28-Apr	29-Apr	30-Apr	1-May	2-May	3-May
						
				Cold Salad Special		
				Chef Salad w/ grilled Chicken strips, Ranch dressing, Tri-Color Rotini Salad Bread stick w/ margarine Craisins	* Homestyle Salisbury Steak w/ LS.Mushroom Gravy Sweet Glazed Potatoes Mixed Vegetables ww Bread w/ Margarine Blueberry Yogurt Cup	Meal #29861 Meatballs w/ Penne, Lemon Cookie, Wheat Bread w/ Margarine
4-May	5-May	6-May	7-May	8-May	9-May	10-May
	New Recipe Special	Cold Sandwich Special			Happy Mothers Day Special	
Meal #29091 Mac & Beef Casserole, Fresh Fruit, Dinner Roll w/ Margarine	Orzo Chicken Pot Pie Casserole Steamed Broccoli warm Biscuit w/ Margarine Fresh Seasonal Fruit (Pear)	Buffalo Chicken and Swiss Cheese Sandwich w/ lettuce **Tomato and Cucumber Salad Red Bliss Potato Salad Oatmeal Cookie Sour Dough Bread	Macaroni and Cheese Primavera w/ Broccoli, Peas, Asparagus, Red Peppers French Cut Green Beans Warm Breadstick w/ Margarine Fresh Seasonal Fruit (Golden Apple)	Roast Turkey Dinner w/ LS Gravy Mashed Potatoes Diced Butternut Squash Wheat Bread w/ Margarine Cranberry Sauce, Raisins	* Baked Pollock w/ Lemon Butter Sauce and Lemon Wedge Rice Pilaf Spinach w/ Garlic and Oil Wheat Bread w/ Margarine Goldfish Graham Cookie	Meal #29878 Honey Mustard Chicken, Graham Cookie, Dinner Roll w/ Margarine
11-May	12-May	13-May	14-May	15-May	16-May	17-May
Happy Mothers Day		Cold Sandwich Special		Happy Birthday Special		
 Meal #29850 Turkey w/ Gravy, Fruited Muffin, Dinner Roll w/ Margarine	Veal Parmesan Penne Pasta w/ Tomato sauce Italian Green Beans Warm Dinner Roll w/ margarine Fresh Seasonal Fruit (Orange)	Tuna Salad Wrap Lettuce and Tomato **Green Bean Salad Pretzel Goldfish wg Wrap	Seared Garlic Beef Tips over Rice Pilaf Sliced Zucchini and Yellow Squash Warm Biscuit w/ Margarine Peach Cup	Roast Pork Tenderloin w/ Balsamic Citrus Sauce Roasted Smashed Potatoes Mixed Vegetables Wheat Bread w/Margarine Happy Birthday Cake w/ whip topping	Spring Pasta w/ Turkey Meatballs w/ garlic Parmesan Sauce Steamed Cauliflower Warm WW Dinner Roll w/ Marg. Applesauce	Meal #29565 Cavatappi Bolognese, Fresh Fruit, Wheat Bread w/ Margarine
18-May	19-May	20-May	21-May	22-May	23-May	24-May
				Memorial Day Special	New Recipe Special	
Meal #29847 Oven Broiled Beef Patty w/ Gravy, Fresh Fruit, Wheat Bread w/ Margarine	Chicken Piccata over Bow Tie Pasta Baby Carrots Warm Breadstick w/ margarine Pineapple Cup	Teriyaki Glazed Salmon DelMonico Potatoes Asparagus Whole Wheat Bread w/ margarine Fresh Seasonal Fruit (Pear)	 Baked Stuffed Manacotti w/ a White Cream Florentine Sauce Italian Blend Vegetables Warm Garlic Knot w/ Margarine Mandarin Orange Cup	 New England *Hot Dog on a Bun Baked Beans Peas & Carrots Hot Dog Bun Peach Shortcake w/ whip topping	Honey Garlic Pork Tips over White Rice California Blend Vegetables Dinner Roll w/ Margarine Fruited Muffin Loaf	Meal #29853 3-Cheese Macaroni & Cheese, Graham Cookie, Dinner Roll w/ Margarine
25-May	26-May	27-May	28-May	29-May	30-May	31-May
	Memorial Day					
 Meal #29878 Honey Mustard Chicken, Graham Cookie, Dinner Roll w/ Margarine	 Memorial Day Holiday Frozen Meal Previously Delivered	Broccoli and Cheese Stuffed Chicken Breast Parsley Potatoes Diced Beets Wheat Bread w/Margarine Raisins	Hamburger on a Bun w/ Pickle chip Red Roasted Potatoes Brussels Sprouts w/ Ketchup and Mustard pkt. (hamburger bun) Fresh Seasonal Fruit (Red Apple)	Grilled Chicken over Pesto Spaghetti and Cherry tomatoes Peas and Carrots Warm Garlic Knot w/ margarine Fresh Seasonal Fruit (Orange)	Meatloaf w/ Mushroom Brown Gravy Steamed Spinach Garlic Mashed Potatoes warm Biscuit w/ margarine House Baked Brownie	Meal #29847 Beef Patty w/ Gravy, Oatmeal Cookie, Dinner Roll w/ Margarine