



Vietnamese Menu- February 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<p>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.</p> <p>Calories for the total meal (including milk and margarine) are listed for each day. Milligrams of sodium are listed for each ITEM. Any item with more than 500mg is considered a higher sodium item and is identified with an (*) asterisk. All nutrition information was provided by City Fresh foods.</p> <p>Milk= 125mg sodium. Margarine= 35 mg sodium.</p> <p>Menu subject to change.</p> <p>Thank you</p>				<p>We are delivering using a no contact procedure. The driver will knock on your door or ring the door bell when they arrive at your home. Please verbally acknowledge the driver, who will then leave the meal on your door handle. A meal will not be left if there is no verbal response.</p>
1	2	3	4	5
Muong Xao Thit Bo (669)* (Stir-Fried Water Spinach with Beef) White Rice (31) Bok Choy (57) Chocolate Pudding (120) 1% Milk (125) Margarine (35) Cal: 738 Sodium:1032 mg	Pork Egg Roll with Nuoc Cham (534)* White Rice (31) Water Spinach (59) Fruit (0) 1% Milk (125) Margarine (35) Cal: 720 Sodium: 779 mg	Com Chein Tom (349) (Shrimp Fried Rice) White Rice (31) Cabbage (53) Fruit (0) 1% Milk (125) Margarine (35) Cal: 765 Sodium: 588 mg	Ga Nuong (890)* (Vietnamese Roasted Chicken) White Rice (31) Green Beans (0) Fruit (0) 1% Milk (125) Margarine (35) Cal: 751 Sodium: 1076 mg	Baked White Fish with Ginger & Scallions (739)* White Rice (31) Water Spinach (59) Snack Loaf (150) 1% Milk (125) Margarine (35) Cal: 756 Sodium: 1134 mg
8	9	10	11	12
Com Suon Nuong (567)* (Grilled Pork) White Rice (31) Broccoli (0) Vanilla Pudding (115) 1% Milk (125) Margarine (35) Cal: 748 Sodium: 868 mg	Sweet & Sour Pork with Pineapple & Tomatoes (992)* White Rice (31) Green Beans (0) Fruit (0) 1% Milk (125) Margarine (35) Cal: 723 Sodium: 1178 mg	Chicken Curry Stew (185) White Rice (31) Cabbage (53) Fruit (0) 1% Milk (125) Margarine (35) Cal: 755 Sodium: 424 mg	<p>Holiday Meal</p> BBQ Chicken (423) Sweet Potatoes (39) Brussels Sprouts (15) Scali Bread (175) Carrot Cake (200) 1% Milk (125) Margarine (35) Cal: 871 Sodium: 1007 mg	Pork Dumpling with Soy Drizzle (884)* White Rice (31) Bok Choy (57) Fruit (0) 1% Milk (125) Margarine (35) Cal: 835 Sodium: 1127 mg

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



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Monday	Tuesday	Wednesday	Thursday	Friday
15	High Sodium Day 16	17	18	19
<p>CLOSED</p>	Lemongrass Fish (1060)* White Rice (31) Water Spinach (57) Chocolate Pudding (120) 1% Milk (125) Margarine (35) Cal: 719 Sodium: 1425 mg	Tom Thit Rim (800)* (Caramelized Shrimp & Pork) White Rice (31) Broccoli (0) Fruit (0) 1% Milk (125) Margarine (35) Cal: 817 Sodium: 986 mg	Vietnamese Pork Curry (137) White Rice (31) Bok Choy (57) Fruit (0) 1% Milk (125) Margarine (35) Cal: 757 Sodium: 382 mg	Cha Ca La Vong (626)* (Turmeric Fish with Dill) White Rice (31) Cabbage (53) Double Chocolate Brownie (90) 1% Milk (125) Margarine (35) Cal: 740 Sodium: 955 mg
22	23	24	25	26
Teriyaki Salmon (406) White Rice (31) Broccoli (0) Vanilla Pudding (115) 1% Milk (125) Margarine (35) Cal: 734 Sodium: 707 mg	Bun Ga Nuong (602)* (Lemongrass Chicken) White Rice (31) Cabbage (53) Fruit (0) 1% Milk (125) Margarine (35) Cal: 752 Sodium: 841 mg	Pork Egg Roll with Nuoc Cham (534)* White Rice (31) Green Beans (0) Fruit (0) 1% Milk (125) Margarine (35) Cal: 730 Sodium: 720 mg	Ga Nuong (890)* (Vietnamese Roasted Chicken) White Rice (31) Broccoli (0) Fruit (0) 1% Milk (125) Margarine (35) Cal: 768 Sodium: 1076 mg	Muong Xao Thit Bo (669)* (Stir-Fried Water Spinach with Beef) White Rice (31) Bok Choy (57) Fruit (0) 1% Milk (125) Margarine (35) Cal: 708 Sodium: 912 mg

February is National Heart Month, which is a time we should reflect on the importance of heart health. Here are a few nutrition tips to get started on a heart healthy diet.

- Limit sodium to less than 2,000 mg per day and less than 12 grams of saturated fats* This might need to limit more if you have certain medical conditions.
- Aim to reduce trans fats in your diet- Look for partially hydrogenated oils in the ingredients.
- Increase whole grains to help with adding more fiber to your diet.
- Include more healthy fats, such as olive oil, nuts, fish, and avocados into your diet. Aim for fish or seafood twice a week.

In January everyone received a storm package, which includes emergency meals for you to store in the event of a snow emergency this winter, if you did not receive one please call 617-477-6606

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