



## Vietnamese Menu- March 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>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.</b></p> <p><b>March is National Nutrition Month! National Nutrition Month is a yearly nutrition education campaign to help focus on the importance of making informed choices and developing healthy eating and physical activity habits. This year's theme is "Personalize Your Plate." The theme helps remind us that food and activity habits are not "one size fits all," they should be able to be conformed based off age, physical ability, cultural beliefs, and economical capacity. When being provided nutrition or exercise tips remember to adjust to what fits best in your life to help make long term changes; the more adaptable it is to your life the easier and more sustainable it will be. Those who are providing the education, for example a fitness instructor or dietitian, are there and willing to help make modifications to a plan so you can be successful.</b></p>				<p><b>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.</b></p>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Pork Egg Roll with Nuoc Cham (534)* White Rice (31) Water Spinach (59) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 765 Sodium: 779 mg	Com Chein Tom (349) (Shrimp Fried Rice) White Rice (31) Cabbage (53) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 740 Sodium: 588 mg	Ga Nuong (890)* (Vietnamese Roasted Chicken) White Rice (31) Green Beans with Peppers (0) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 773 Sodium: 1076 mg	Baked White Fish with Ginger & Scallions (739)* White Rice (31) Broccoli (0) Snack Loaf (150) 1% Milk (125) Margarine (35)  Cal: 728 Sodium: 1075 mg	Com Suon Nuong (567)* (Grilled Pork) White Rice (31) Water Spinach (59) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 746 Sodium: 812 mg
<b>8</b>	<b>9</b>	<b>10</b>	<b>High Sodium Meal 11</b>	<b>12</b>
Sweet & Sour Pork with Pineapple & Tomatoes (992)* White Rice (31) Green Beans with Peppers (0) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 764 Sodium: 1178 mg	Chicken Curry Stew (185) White Rice (31) Water Spinach (59) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 709 Sodium: 430 mg	Pork Dumpling with Soy Drizzle (884)* White Rice (31) Cabbage (53) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 882 Sodium: 1123 mg	Lemongrass Fish (1060)* White Rice (31) Bok Choy (57) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 689 Sodium: 1303 mg	Cha Ca La Vong (661)* (Turmeric Fish with Dill) White Rice (31) Broccoli (0) Shortbread Cookies (150) 1% Milk (125) Margarine (35)  Cal: 693 Sodium: 997 mg

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



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Monday	Tuesday	Wednesday	Thursday	Friday
<b>15</b>	<b>16</b>	<b>St. Patrick's Day</b> 17	<b>18</b>	<b>19</b>
Vietnamese Pork Curry (137) White Rice (31) Cabbage (53) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 799 Sodium: 376 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	Corned Beef with Cabbage (630)* Garlic Mashed Potatoes (32) Carrots (24) Whole Grain Cornbread (90) Holiday Cookie (90) 1% Milk (125) Margarine (35)  Cal: 890 Sodium: 1021 mg	Teriyaki Salmon (406) White Rice (31) Bok Choy (57) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 704 Sodium: 649 mg	Bun Ga Nuong (602)* (Lemongrass Chicken) White Rice (31) Water Spinach (59) Warm Pineapples (0) 1% Milk (125) Margarine (35)  Cal: 755 Sodium: 847 mg
<b>22</b>	<b>23</b>	<b>High Sodium Meal</b> 24	<b>25</b>	<b>26</b>
Muong Xao Thit Bo (669)* (Stir-Fried Water Spinach with Beef) White Rice (31) Green Beans with Peppers (0) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 690 Sodium: 855 mg	Pork Egg Roll with Nuoc Cham (534)* White Rice (31) Cabbage (53) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 776 Sodium: 773 mg	Ga Nuong (890)* (Vietnamese Roasted Chicken) White Rice (31) Broccoli (0) Mini Cheesecake (330) 1% Milk (125) Margarine (35)  Cal: 987 Sodium: 1406 mg	Pork Chop with Ginger & Scallions (257) White Rice (31) Bok Choy (57) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 746 Sodium: 500 mg	Clay Pot Chicken (519)* (Com Tay Com) White Rice (31) Cabbage (53) Tropical Fruit Mix (0) 1% Milk (125) Margarine (35)  Cal: 835 Sodium: 758 mg
<b>29</b>	<b>30</b>	<b>31</b>		
Teriyaki Shrimp (472) White Rice (31) Water Spinach (59) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 707 Sodium: 717 mg	Chinese BBQ Pork (246) White Rice (31) Cabbage (53) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 902 Sodium: 485 mg	Tangerine Chicken (325) White Rice (31) Broccoli (0) Fruit (0) 1% Milk (125) Margarine (35)  Cal: 690 Sodium: 511 mg	<p><b>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.</b></p> <p><b>Milk= 125mg sodium. Margarine= 35 mg sodium.</b></p> <p><b>Menu subject to change.</b></p> <p><b>Thank you</b></p>	

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