



Vietnamese Menu- April 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>			Easter Holiday Meal	1
			Honey Glazed Ham with Raisins (357) Scalloped Potatoes (304) Carrots (24) Wheat Roll (180) Fruit (0) 1% Milk (125) Margarine (35) Cal: 857 Sodium: 1020 mg	Pork Chop with Scallions & Ginger (370) White Rice (31) Broccoli (0) Mandarin Oranges (5) 1% Milk (125) Margarine (35) Cal: 850 Sodium: 561 mg
5	6	7	8	9
Com Suon Nuong (567)* (Grilled Pork) White Rice (31) Water Spinach (59) Fruit (0) 1% Milk (125) Margarine (35) Cal: 772 Sodium: 812 mg	Sweet & Sour Pork with Pineapple & Tomatoes (992)* White Rice (31) Green Beans (0) Tropical Fruit Cup (0) 1% Milk (125) Margarine (35) Cal: 812 Sodium: 1178 mg	Cha Ca La Vong (626)* (Turmeric Fish with Dill) White Rice (31) Broccoli (0) Mini Caramel Cheesecake (350) 1% Milk (125) Margarine (35) Cal: 864 Sodium: 1162 mg	Teriyaki Chicken (608) White Rice (31) Bok Choy (57) Clementines (2) 1% Milk (125) Margarine (35) Cal: 756 Sodium: 853 mg	Pork Dumpling with Soy Drizzle (884)* White Rice (31) Cabbage (53) Mandarin Oranges (5) 1% Milk (125) Margarine (35) Cal: 822 Sodium: 1128 mg
12	13	14	15	High Sodium Meal
Vietnamese Pork Curry (137) White Rice (31) Cabbage (53) Fruit (0) 1% Milk (125) Margarine (35) Cal: 809 Sodium: 376 mg	Tom Thit Rim (847)* (Caramelized Shrimp & Pork) White Rice (31) Broccoli (0) Fruit (0) 1% Milk (125) Margarine (35) Cal: 752 Sodium: 1033 mg	Bun Ga Nuong (602)* (Lemongrass Chicken) White Rice (31) Water Spinach (59) Tropical Fruit Cup (0) 1% Milk (125) Margarine (35) Cal: 746 Sodium: 847 mg	Teriyaki Salmon (636)* White Rice (31) Green Beans (0) Clementines (2) 1% Milk (125) Margarine (35) Cal: 695 Sodium: 824 mg	Muong Xao Thit Bo (959)* (Stir-Fried Water Spinach with Beef) White Rice (31) Bok Choi (57) Mandarin Oranges (5) 1% Milk (125) Margarine (35) Cal: 698 Sodium: 1207 mg

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



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19	20	21	22	23
CLOSED 	Ga Nuong (890)* (Vietnamese Roasted Chicken) White Rice (31) Broccoli (0) Fruit (0) 1% Milk (125) Margarine (35) Cal: 738 Sodium: 1076 mg	Pork Chop with Scallions & Ginger (370) White Rice (31) Water Spinach (59) Banana (0) 1% Milk (125) Margarine (35) Cal: 938 Sodium: 615 mg	Com Tay Com (519)* (Clay Pot Chicken) White Rice (31) Green Beans (0) Tropical Fruit Cup (0) 1% Milk (125) Margarine (35) Cal: 764 Sodium: 705 mg	High Sodium Meal
26	27	28	29	30
Chinese BBQ Pork (246) White Rice (31) Cabbage (53) Fruit (0) 1% Milk (125) Margarine (35) Cal: 848 Sodium: 485 mg	Pork Dumpling with Soy Drizzle (884)* White Rice (31) Broccoli (0) Peaches (0) 1% Milk (125) Margarine (35) Cal: 774 Sodium: 1070 mg	Tangerine Chicken (325) White Rice (31) Water Spinach (59) Double Chocolate Brownie (90) 1% Milk (125) Margarine (35) Cal: 762 Sodium: 660 mg	Com Chein Tom (474) (Shrimp Fried Rice) White Rice (31) Bok Choy (57) Clementines (2) 1% Milk (125) Margarine (35) Cal: 681 Sodium: 719 mg	Sweet & Sour Pork with Pineapple & Tomatoes (992)* White Rice (31) Broccoli (0) Mandarin Oranges (5) 1% Milk (125) Margarine (35) Cal: 734 Sodium: 1183 mg
<p>To prevent food-borne illness, it is important that your meals are reheated to the proper temperature to kill bacteria. If you don't plan on eating the hot home delivered meals immediately, refrigerate them until you're ready to eat and be sure that it isn't sitting at room temperature for longer than 2 hours. When ready, reheat your meal to an internal temperature of 165°F or until steaming hot.</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>	
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