



Vietnamese Menu- May 2021



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.

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.

Milk= 125mg sodium. Margarine= 30 mg sodium.

Menu subject to change.

Thank you

In April you receive a survey for your Home delivered meals. If you have not returned the survey please do ASAP. Thank you!
Your feedback helps us to serve you better!




Monday	Tuesday	Wednesday	Thursday	Friday
High Sodium Meal				
3	4	5	6	7
Sweet & Sour Fish (1049)* White Rice (31) Cabbage (53) Fruit (0) 1% Milk (125) Margarine (30) Cal: 713 Sodium: 1288 mg	Teriyaki Chicken (780)* White Rice (31) Bok Choy (57) Tropical Fruit Cup (0) 1% Milk (125) Margarine (30) Cal: 734 Sodium: 1023 mg	Pork Dumpling with Soy Drizzle (884)* Rice Noodles (33) Cabbage (53) Fruit (0) 1% Milk (125) Margarine (30) Cal: 765 Sodium: 1125 mg	Vietnamese Pork Curry (137) White Rice (31) Water Spinach (59) Pears (2) 1% Milk (125) Margarine (30) Cal: 782 Sodium: 387 mg	Tom Thit Rim (847)* (Caramelized Shrimp & Pork) White Rice (31) Broccoli (0) Fresh Banana (1) 1% Milk (125) Margarine (30) Cal: 744 Sodium: 1034 mg
10	11	12	13	14
Bun Ga Nuong (602)* (Lemongrass Chicken) White Rice (31) Water Spinach (59) Fruit (0) 1% Milk (125) Margarine (30) Cal: 726 Sodium: 847 mg	Teriyaki Salmon (451) White Rice (31) Cabbage (53) Applesauce (10) 1% Milk (125) Margarine (30) Cal: 688 Sodium: 700 mg	Muong Xao Thit Bo (669)* (Stir-Fried Beef with Water Spinach) White Rice (31) Bok Choy (57) Fruit (0) 1% Milk (125) Margarine (30) Cal: 733 Sodium: 912 mg	Pork Egg Roll with Nuoc Cham (534)* White Rice (31) Broccoli (0) Peach Cup (5) 1% Milk (125) Margarine (30) Cal: 693 Sodium: 725 mg	Ga Nuong (890)* (Vietnamese Roasted Chicken) White Rice (31) Green Beans (0) Mandarin Oranges (5) 1% Milk (125) Margarine (30) Cal: 716 Sodium: 1081 mg

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



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Monday	Tuesday	Wednesday	Thursday	Friday	
17	18	19	20	21	
Pork Chop with Scallions & Ginger (362) White Rice (31) Water Spinach (59) Fruit (0) 1% Milk (125) Margarine (30) Cal: 852 Sodium: 607 mg	Com Tay Com (519)* (Clay Pot Rice with Chicken) White Rice (31) Broccoli (0) Pineapple (5) 1% Milk (125) Margarine (30) Cal: 762 Sodium: 710 mg	Turmeric Fish (695)* White Rice (31) Cabbage (53) Clementines (2) 1% Milk (125) Margarine (30) Cal: 683 Sodium: 936 mg	Chinese BBQ Pork (247) White Rice (31) Water Spinach (59) Fruit (0) 1% Milk (125) Margarine (30) Cal: 820 Sodium: 492 mg	Pork Dumpling with Soy Drizzle (884)* Rice Noodles (33) Bok Choi (57) Mandarin Oranges (5) 1% Milk (125) Margarine (30) Cal: 738 Sodium: 1134 mg	
24	25	High Sodium Meal	Holiday Meal	28	
26	27	28	29	30	
Tangerine Chicken (325) White Rice (31) Broccoli (0) Fruit (0) 1% Milk (125) Margarine (30) Cal: 689 Sodium: 511 mg	Com Chein Tom (474) (Shrimp Fried Rice) White Rice (31) Cabbage (53) Pineapple (5) 1% Milk (125) Margarine (30) Cal: 685 Sodium: 718 mg	Sweet & Sour Pork with Pineapple & Tomatoes (992)* White Rice (31) Water Spinach (59) Clementines (2) 1% Milk (125) Margarine (30) Cal: 752 Sodium: 1239 mg	Hamburger on Wheat Bun (452) Potato Wedges (20) Ketchup (85) Green Beans with Peppers (6) Pound Cake (240) 1% Milk (125) Margarine (30) Cal: 913 Sodium: 928 mg	Green Curry White Fish (623)* White Rice (31) Cabbage (53) Pears (2) 1% Milk (125) Margarine (30) Cal: 685 Sodium: 866 mg	
31					
CLOSED 	<p>May is Older Americans Month. As someone ages, they may not feel thirsty. The body still needs fluids even if they do not feel thirsty all of the time. It will be important to remember drink beverages throughout the day. Juice, flavored waters, coffee/tea and sodas can add to your hydration, but getting enough water will be the most important! In addition to proper hydration, there are certain nutrients that become more important as we age. Calcium and Vitamin D are two of the important nutrients to increase to help maintain bone health. Calcium and Vitamin D can be found in dairy products and non-dairy products fortified with calcium and vitamin D.</p> <p><i>From the desk of Mary Lonzo M.Ed, RD, LDN Community Dietitian</i></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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