

# Ethos Asian/Vietnamese Menu-March 2022



A suggested donation of \$2.00 is requested for each meal.  
 Calories and sodium for the total meal, including milk and margarine are listed at the bottom of each day.  
 Milligrams of sodium (NA+) are listed next to each item. Any item with more than 500mg is considered a higher sodium item and is identified with an (\*) asterisk.  
 Milk= 125mg sodium Margarine= 30 mg sodium  
 All nutrition information was provided by City Fresh Foods.  
**To cancel a meal please call (617) 477-6606 by 9am the previous day.**  
**Menu subject to change.**

**All HDM Drivers will be required to see someone at delivery, and will be required to ask about clients at least twice week. No Home Delivered Meal will be left without seeing someone at delivery.**

Monday		Tuesday		Wednesday		Thursday		Friday											
		<b>1</b>	Vietnamese Pork Curry White Rice Water Spinach Fruit	<b>NA+</b>	169 50 59 0	<b>2</b>	Sweet & Sour Fish* White Rice Cabbage Peach Crisp	<b>NA+</b>	567 50 34 72	<b>3</b>	Honey Orange Chicken* White Rice Broccoli Fruit	<b>NA+</b>	531 50 6 0	<b>4</b>	Vegetable Egg Roll w/ Nuoc Cham White Rice Cabbage Peach Crisp	<b>NA+</b>	454 50 34 72		
Cal:834 CHO:88g Na:433mg		Cal:919 CHO:115g Na:878mg		Cal:784 CHO:103g Na:742mg		Cal:957 CHO:130g Na:765mg													
<b>7</b>	Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fruit	<b>NA+</b>	453 50 57 0	<b>8</b>	Ga Nuong (Vietnamese Roasted Chicken)* White Rice Broccoli Fruit	<b>NA+</b>	890 50 6 0	<b>9</b>	Pork Lo Mein Noodles Water Spinach Fruit	<b>NA+</b>	420 33 59 0	<b>10</b>	Muong Xao Thit Bo (Stir Fried Water Spinach w/ Beef) White Rice Cabbage Fruit	<b>NA+</b>	395 50 34 0	<b>11</b>	Teriyaki Salmon* White Rice Broccoli Shortbread Cookie	<b>NA+</b>	626 50 6 150
Cal:900 CHO:85g Na:715mg		Cal:854 CHO:94g Na:1101mg		Cal:903 CHO:94g Na:667mg		Cal:828 CHO:77g Na:634mg		Cal:810 CHO:99g Na:987mg											

## Celebrate the 50th Anniversary of the Nutrition Program!

Since 1972, the National Senior Nutrition Program has supported nutrition services for older adults across the country. Funded by the Older Americans Act, local senior nutrition programs serve as hubs for older adults to access nutritious meals and other vital services that strengthen social connections and promote health and wellbeing. If you/someone you know is interested in

Nutrition or other senior services, please contact Ethos at 617-477-6606.



**SENIOR NUTRITION PROGRAM**  
 CELEBRATE • INNOVATE • EDUCATE

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

# Ethos Asian/Vietnamese Menu-March 2022

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>14</b>	<b>NA+</b>	<b>15</b>	<b>NA+</b>	<b>16</b>	<b>NA+</b>	<b>17</b>	<b>NA+</b>	<b>18</b>	<b>NA+</b>
Pork w/ Scallion & Ginger Sauce	377	Com Tay Cam (Clay Pot Chicken)*	519	Mongolian Beef*	772	<i>Happy St. Patrick's Day</i>		Turmeric & Ginger Fish	334
White Rice	50	White Rice	50	White Rice	50	<i>High Sodium Meal</i>		White Rice	50
Water Spinach	59	Broccoli	6	Cabbage	34	Corned Beef w/ Cabbage*	856	Bok Choy	57
Fruit	0	Fruit	0	Fruit	0	Boiled Potatoes	105	Fruit	0
						Carrots	30		
						Whole Grain Cornbread	90		
						Chocolate Chip Cookie	70		
Cal:773 CHO:80g Na:641mg		Cal:877 CHO:100g Na:730mg		Cal:783 CHO:98g Na:1011mg		Cal:750 CHO:77g Na:1306mg		Cal:686 CHO:74g Na:596mg	
<b>21</b>	<b>NA+</b>	<b>22</b>	<b>NA+</b>	<b>23</b>	<b>NA+</b>	<b>24</b>	<b>NA+</b>	<b>25</b>	<b>NA+</b>
Com Chien Tom ( Shrimp Fried Rice)*	592	Sweet & Sour Pork w/ Pineapples & Tomatoes*	699	Bun Ga Nuong (Lemongrass Chicken)*	602	Chicken Teriyaki*	571	Green Curry White Fish*	614
White Rice	50	White Rice	50	White Rice	50	White Rice	50	White Rice	50
Broccoli	6	Water Spinach	59	Bok Choy	57	Broccoli	6	Cabbage	34
Fruit	0	Fruit	0	Fruit	0	Shortbread Cookie	150	Fruit	0
Cal:716 CHO:80g Na:803mg		Cal:838 CHO:104g Na:963mg		Cal:765 CHO:85g Na:864mg		Cal:830 CHO:99g Na:932mg		Cal:701 CHO:85g Na:853mg	
<b>28</b>	<b>NA+</b>	<b>29</b>	<b>NA+</b>	<b>30</b>	<b>NA+</b>	<b>31</b>	<b>NA+</b>		
Vietnamese Pork Curry	169	Sweet & Sour Fish*	750	Honey Orange Chicken*	531	Pork Egg Roll w/ Nuoc Cham*	534		
White Rice	50	White Rice	50	White Rice	50	White Rice	50		
Water Spinach	59	Cabbage	34	Broccoli	6	Cabbage	34		
Fruit	0	Fruit	0	Oatmeal Cookie	105	Fruit	0		
Cal:834 CHO:88g Na:433mg		Cal:832 CHO:113 Na:989mg		Cal:796 CHO:96mg Na:847mg		Cal:766 CHO:100g Na:773mg			

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is encouraged to learn about making informed food choices and developing healthful eating and physical activity habits. Some healthy lifestyle tips are:



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|---|---|---|
| <ul style="list-style-type: none"> <li>- Eat breakfast</li> <li>- Make half you plate fruits and vegetables</li> <li>- Create healthy snacks</li> <li>- Make an effort to reduce food waste</li> <li>- Slow down at meal time</li> <li>- Get cooking at home</li> </ul> | <ul style="list-style-type: none"> <li>- Reduce added sugar intake</li> <li>- Explore new foods and flavors</li> <li>- Watch portion sizes</li> <li>- Be active</li> <li>- Get to know the food label</li> <li>- Follow food safety guidelines</li> </ul> | <ul style="list-style-type: none"> <li>- Consult a Registered Dietitian</li> <li>- Experiment with plant based meals</li> <li>- Use less salt</li> <li>- Make an effort to reduce food waste</li> <li>- Drink more water</li> <li>- Eat more seafood</li> </ul> |
| <ul style="list-style-type: none"> <li>- Create meal times</li> <li>- Add in fiber</li> <li>- Supplement with caution - always speak with a healthcare provider first</li> </ul>  |   |   |

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