

## Ethos Vietnamese Menu-May 2022



A suggested donation of \$2.00 is requested. Each meal includes low fat milk and margarine.  
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

**Select Cafe Community rooms  
have reopened for Dine-in  
and/or Grab & Go.**

**Please see the Site Coordinator for any  
changes at your Café.**

| Monday 5/2                                    |            | Tuesday 5/3                               |            | Wednesday 5/4             |            | Thursday 5/5  |            | Friday 5/6                         |            |
|---|------------|---|------------|---------------------------|------------|---|------------|------------------------------------|------------|
| <u>NA+</u>                                    | <u>NA+</u> | <u>NA+</u>                                | <u>NA+</u> | <u>NA+</u>                | <u>NA+</u> | <u>NA+</u>  | <u>NA+</u> | <u>NA+</u>                         | <u>NA+</u> |
| Honey Orange Chicken*                         | 531        | Vietnamese Pork Curry                     | 169        | Sweet & Sour Fish*        | 567        | Honey Orange Chicken*                                   | 531        | Vegetable Egg Roll<br>w/ Nuoc Cham | 454        |
| White Rice                                    | 50         | White Rice                                | 50         | White Rice                | 50         | White Rice  | 50         | White Rice                         | 50         |
| Broccoli                                      | 6          | Water Spinach                             | 59         | Cabbage                   | 34         | Broccoli  | 6          | Cabbage                            | 34         |
| Fruit   | 0          | Fruit                                     | 0          | Fruit                     | 0          | Chocolate Chip Cookie                                   | 85         | Fruit                              | 0          |
| Cal:766 CHO:91mg Na:742mg                     |            | Cal:834 CHO:88g Na:433mg                  |            | Cal:919 CHO:115g Na:806mg |            | Cal:784 CHO:108g Na:827mg                               |            | Cal:757 CHO:99g Na:693mg           |            |
| Monday 5/9                                    |            | Tuesday 5/10                              |            | Wednesday 5/11            |            | Thursday 5/12   |            | Friday 5/13                        |            |
| <u>NA+</u>                                    | <u>NA+</u> | <u>NA+</u>                                | <u>NA+</u> | <u>NA+</u>                | <u>NA+</u> | <u>NA+</u>  | <u>NA+</u> | <u>NA+</u>                         | <u>NA+</u> |
| Beef & Broccoli Stir Fry<br>(Thit Bo Xao Cai) | 453        | Ga Nuong<br>(Vietnamese Roasted Chicken)* | 890        | Pork Lo Mein              | 420        | Muong Xao Thit Bo<br>(Stir Fried Water Spinach w/ Beef) | 395        | Teriyaki Salmon*                   | 626        |
| White Rice                                    | 50         | White Rice                                | 50         | Noodles                   | 33         | White Rice  | 50         | White Rice                         | 50         |
| Bok Choy                                      | 57         | Broccoli                                  | 6          | Water Spinach             | 59         | Cabbage   | 34         | Broccoli                           | 6          |
| Fruit   | 0          | Fruit                                     | 0          | Fruit                     | 0          | Fruit   | 0          | Shortbread Cookie                  | 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           |            |

### Nutrient Needs for Older Adults

The following table outlines the Recommended Dietary Allowance (RDA) or Adequate Intake (AI) for adults ages 51 years and older. The RDA/AIs are average daily intakes of nutrients that meet the needs of nearly 98% of the population.

Ethos meals meets 1/3 of RDA.


#### Nutrient Needs:

- Fiber Male: 30 g Female: 21 g
- Vitamin A - Males: 900 ~~µg~~ Females: 700 ~~µg~~
- Vitamin B12 - Males: 2.4 ~~µg~~ Females: 2.4 ~~µg~~
- Vitamin C - Males: 90 mg Females: 75 mg
- Sodium - Males: 1500 mg Females: 1500 mg
- Vitamin D - Males: 51-70: 15 mg; Males: >70: 20 mg Females: 51-70: 15 mg; Females >70: 20 mg
- Calcium - Males: 51-70: 1000 mg; Males >70: 1200 mg Females: 1200 mg
- Potassium - Males: 3400 mg Females: 2600 mg



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

## Ethos Vietnamese Menu-May 2022

| Ethos Vietnamese Menu-May 2022  |            |  |            |  |            |                           |            |                          |            |  |  |  |  |
|---|------------|--|------------|--|------------|---------------------------|------------|--------------------------|------------|--|--|--|--|
| Monday 5/16   |            | Tuesday 5/17                                   |            | Wednesday 5/18   |            | Thursday 5/19             |            | Friday 5/20              |            |  |  |  |  |
|   | <u>NA+</u> |  | <u>NA+</u> |  | <u>NA+</u> |                           | <u>NA+</u> |                          | <u>NA+</u> |  |  |  |  |
| Pork w/ Scallion & Ginger Sauce   | 377        | Com Tay Cam (Clay Pot Chicken)*                | 519        | Mongolian Beef*  | 772        | Chicken Teriyaki*         | 571        | Turmeric & Ginger Fish   | 334        |  |  |  |  |
| White Rice  | 50         | White Rice                                     | 50         | White Rice   | 50         | White Rice                | 50         | White Rice               | 50         |  |  |  |  |
| Water Spinach   | 59         | Broccoli                                       | 6          | Cabbage  | 34         | Broccoli                  | 6          | Bok Choy                 | 57         |  |  |  |  |
| Fruit   | 0          | Fruit  | 0          | Fruit  | 0          | Oatmeal Cookie            | 210        | Fruit                    | 0          |  |  |  |  |
| Cal:773 CHO:80g Na:641mg  |            | Cal:877 CHO:100g Na:730mg                      |            | Cal:783 CHO:98g Na:1011mg  |            | Cal:830 CHO:99g Na:992mg  |            | Cal:686 CHO:74g Na:596mg |            |  |  |  |  |
| Monday 5/23   |            | Tuesday 5/24                                   |            | Wednesday 5/25   |            | Thursday 5/26             |            | Friday 5/27              |            |  |  |  |  |
|   | <u>NA+</u> |  | <u>NA+</u> |  | <u>NA+</u> |                           | <u>NA+</u> |                          | <u>NA+</u> |  |  |  |  |
| Com Chien Tom<br>( Shrimp Fried Rice)*  | 592        | Sweet & Sour Pork<br>w/ Pineapples & Tomatoes* | 699        | Bun Ga Nuong<br>(Lemongrass Chicken)*  | 602        | <b>High Sodium Day</b>    | 500        | Green Curry White Fish*  | 614        |  |  |  |  |
| White Rice  | 50         | White Rice                                     | 50         | White Rice   | 50         | <b>Holiday Meal</b>       | 189        | White Rice               | 50         |  |  |  |  |
| Broccoli  | 6          | Water Spinach                                  | 59         | Bok Choy   | 57         | Hamburger*                | 18         | Cabbage                  | 34         |  |  |  |  |
| Fruit   | 0          | Fruit  | 0          | Fruit  | 0          | Sweet Potato Tater Tots   | 230        | Fruit                    | 0          |  |  |  |  |
|   |            |  |            |  |            | Vegetable Medley          | 85         |                          |            |  |  |  |  |
|   |            |  |            |  |            | Whole Wheat Bun           | 210        |                          |            |  |  |  |  |
|   |            |  |            |  |            | Ketchup                   |            |                          |            |  |  |  |  |
|   |            |  |            |  |            | Chocolate Cupcake         |            |                          |            |  |  |  |  |
| Cal:716 CHO:80g Na:803mg  |            | Cal:838 CHO:104g Na:963mg                      |            | Cal:765 CHO:85g Na:864mg   |            | Cal:787 CHO:92g Na:1387mg |            | Cal:701 CHO:85g Na:853mg |            |  |  |  |  |
| Monday 5/30   |            | Tuesday 5/31                                   |            | Wednesday 5/31   |            | Thursday 5/31             |            | Friday 5/31              |            |  |  |  |  |
|   | <u>NA+</u> |  | <u>NA+</u> |  | <u>NA+</u> |                           | <u>NA+</u> |                          | <u>NA+</u> |  |  |  |  |
| <b>Closed</b>   |            | Vietnamese Pork Curry                          | 169        | <b>A Special Focus on Select Nutrients:</b><br>- <b>Calcium and Vitamin D</b> are two micronutrients that are important for maintaining bone health, especially in older adults. Low intakes of calcium and vitamin D can contribute to bone loss and osteoporosis. Food sources are: Broccoli, kale, spinach, bok choy, collard greens, Low-fat or fat-free dairy products, Fortified foods: cereals, juices, soy products<br>- <b>Vitamin B12</b> plays a role in red blood cell production and neurological function. It is an important micronutrient for older adults because they may not be able to absorb enough of it, which can lead to several adverse health effects. Food sources are: Eggs, chicken, liver, beef, salmon, tuna, trout; Low-fat or non-fat dairy products<br>- <b>Fiber</b> plays an important role in gut health. It not only promotes bowel regularity, but also can also help to maintain blood sugar levels and hunger. Food sources are: Whole grains: wheat bread, brown rice, oats, nuts, legumes, fruits & vegetables<br>- <b>Potassium</b> helps regulate fluid volume in the body. Ensuring you get enough potassium, while also limiting sodium intake, can reduce the risk of high blood pressure. Food sources are: Fruits and vegetables, Legumes: lentils, kidney beans, soybeans, Low-fat or fat-free dairy products, Meat: chicken, salmon<br>- <b>Dietary fats</b> support cell growth, provide insulation, and aid in the transport and absorption of some nutrients in the body. We want to consume more polyunsaturated and monounsaturated fats, which help lower cholesterol levels in the body. We also want to consume less saturated and trans fats, which raise cholesterol levels. Food sources are: Nuts, Seeds: flaxseeds, chia seeds, pumpkin seeds, avocados; Vegetable oils: sunflower oil, soybean oil; Fish: Salmon, cod, sardines |            |                           |            |                          |            |  |  |  |  |
|  |            | White Rice                                     | 50         |  |            |                           |            |                          |            |  |  |  |  |
| <i>Holiday meals will be sent out the week of 5/23/2022.</i>                        |            | Water Spinach                                  | 59         |  |            |                           |            |                          |            |  |  |  |  |
|   |            | Fruit  | 0          |  |            |                           |            |                          |            |  |  |  |  |
| Cal:834 CHO:88g Na:433mg  |            | Cal:834 CHO:88g Na:433mg                       |            | Cal:834 CHO:88g Na:433mg   |            | Cal:834 CHO:88g Na:433mg  |            | Cal:834 CHO:88g Na:433mg |            |  |  |  |  |

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