

# Ethos Vietnamese Menu-June 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= 35 mg sodium.*

**Menu subject to change.**

Thank you

**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.**

		Wednesday 6/1		Thursday 6/2		Friday 6/3			
<p>Ani Aroian, MPH, RDN, is Ethos' new Community Dietitian. Ani is a graduate from the dual dietetic internship and Master's in public health promotions program from UT Health at Houston. Ani's professional interests include adult and geriatric care, metabolic syndromes, gastrointestinal health and sustainability. When Ani is not in the office, she is scoping out new coffee shops, spending time with friends and family, and planning her next vacation trip. <b><i>If you have any nutrition questions, please call Ani at 617-477-6923.</i></b></p>		NA+  Sweet & Sour Fish* White Rice Cabbage Mixed Fruit  <b>Cal:919 CHO:115g Na:816mg</b>	NA+  567 50 34 10	NA+  Lemongrass Chicken* White Rice Broccoli Chocolate Chip Cookie  <b>Cal:784 CHO:108g Na:827mg</b>	NA+  531 50 6 85	NA+  Vegetable Egg Roll w/ Nuoc Cham White Rice Cabbage Fruit  <b>Cal:757 CHO:99g Na:693mg</b>	NA+  454 50 34 0		
Monday 6/6		Tuesday 6/7		Wednesday 6/8		Thursday 6/9		Friday 6/10	
NA+  Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fruit  <b>Cal:900 CHO:85g Na:715mg</b>	NA+  453 50 57 0	NA+  Ga Nuong (Vietnamese Roasted Chicken)* White Rice Broccoli Fruit  <b>Cal:854 CHO:94g Na:1101mg</b>	NA+  890 50 6 0	NA+  Pork Lo Mein Noodles Water Spinach Fruit  <b>Cal:903 CHO:94g Na:667mg</b>	NA+  420 33 59 0	NA+  Muong Xao Thit Bo (Stir Fried Water Spinach w/ Beef) White Rice Cabbage Mixed Fruit  <b>Cal:828 CHO:77g Na:644mg</b>	NA+  395 50 34 10	NA+  Teriyaki Salmon* White Rice Broccoli Shortbread Cookie  <b>Cal:810 CHO:99g Na:987mg</b>	NA+  626 50 6 150

**The summer season is upon us—it's about time we get out and soak up the sun!** As we age, making sure you are getting enough Vitamin D is important. The Recommended Dietary Allowance is 600-800 IU or 15-20mcg per day for older adults. One way to get Vitamin D is through direct contact with the sun. Skin in direct contact with the sun for 15-30 minutes per day can help recharge vitamin D stores and maintain bone health. This can be as simple as sitting on the front porch or taking a walk. Whichever you prefer, go enjoy that sunshine! Another way to incorporate more vitamin D is through our food. To incorporate more foods high in vitamin D, try including these foods: fortified vitamin D products (milk, soy milk, orange juice, cereals), salmon or trout, canned tuna or sardines, eggs, mushrooms, broccoli, and lentils.

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

## Ethos Vietnamese Menu-June 2022

Monday 6/13		Tuesday 6/14		Wednesday 6/15		Thursday 6/16		Friday 6/17	
Pork w/ Scallion & Ginger Sauce	NA+	Com Tay Cam (Clay Pot Chicken)*	NA+	Mongolian Beef*	NA+	Holiday Meal	NA+	Turmeric & Ginger Fish	NA+
White Rice	377	White Rice	519	White Rice	772	Oven "Fried Chicken"	149	White Rice	334
Water Spinach	50	Broccoli	50	Cabbage	50	Black Eyed Peas	230	Bok Choy	50
Fruit	59	Fruit	6	Fruit	34	Collards, Corn & Peppers	14	Fruit	57
	0		0		0	Cornbread Loaf	90		0
						Oatmeal Cookie	85		
<b>Cal:773 CHO:80g Na:641mg</b>		<b>Cal:877 CHO:100g Na:730mg</b>		<b>Cal:783 CHO:98g Na:1011mg</b>		<b>Cal:766 CHO:81g Na:693mg</b>		<b>Cal:686 CHO:74g Na:596mg</b>	
Monday 6/20		Tuesday 6/21		Wednesday 6/22		Thursday 6/23		Friday 6/24	
<b>CLOSED</b>		Sweet & Sour Pork w/ Pineapples & Tomatoes*	NA+	Bun Ga Nuong (Lemongrass Chicken)*	NA+	Chicken Teriyaki*	NA+	Green Curry White Fish*	NA+
		White Rice	699	White Rice	602	White Rice	571	White Rice	614
		Water Spinach	50	Bok Choy	50	Broccoli	50	Cabbage	50
		Fruit	59	Fruit	57	Vanilla Cupcake	6	Fruit	34
			0		0		210		0
<b>Cal:773 CHO:80g Na:641mg</b>		<b>Cal:838 CHO:104g Na:963mg</b>		<b>Cal:765 CHO:85g Na:864mg</b>		<b>Cal:787 CHO:92g Na:992mg</b>		<b>Cal:701 CHO:85g Na:853mg</b>	
Monday 6/27		Tuesday 6/28		Wednesday 6/29		Thursday 6/30			
Com Chien Tom (Shrimp Fried Rice)*	NA+	Vietnamese Pork Curry	NA+	Honey Orange Chicken	NA+	Lemongrass Fish	NA+		
White Rice	592	White Rice	169	White Rice	531	White Rice	602		
Broccoli	50	Water Spinach	50	Broccoli	50	Cabbage	50		
Fruit	6	Fruit	59	Fruit	6	Chocolate Chip Cookie	34		
	0		0		0		85		
<b>Cal:716 CHO:80g Na:803mg</b>		<b>Cal:834 CHO:88g Na:433mg</b>		<b>Cal:766 CHO:91mg Na:742mg</b>		<b>Cal:765 CHO:85g Na:926mg</b>			

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