

Ethos Vietnamese Menu-July 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 Ethos' Community Dietitian.
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.

Ethos Annual Survey

In the month of July you will receive a Home Delivered Meals survey. In order to provide you with the best service, please complete the following survey by July 15th, 2022. Your answers are anonymous and confidential. We value your input. Please give the complete survey to your Home Delivered Meals Driver or mail the survey to Ethos at 555 Amory St Jamaica Plain, 02130.

Friday 7/1

Holiday Meal	Na+
Chili Dog	540
w/ Chili Beans (contains beef)	218
Zucchini & Squash	9
Wheat Hot Dog Bun	300
Peaches	0
Ketchup	85

Cal:845 CHO:85g Na:1307mg 1307

Monday 7/4		Tuesday 7/5		Wednesday 7/6		Thursday 7/7		Friday 7/8	
CLOSED	Na+	Na+		Na+		High Sodium Meal	Na+		Na+
Fourth of July Holiday Holiday meals for delivered the week of June 27th, 2022.		Vegetable Egg Roll w/ Nuoc Cham	454	Beef & Broccoli Stir Fry (Thit Bo Xao Cai)	453	Ga Nuong (Vietnamese Roasted Chicken)	890	Pork Lo Mein	420
		White Rice	50	White Rice	50	White Rice	50	Noodles	33
		Cabbage	34	Bok Choy	57	Broccoli	6	Water Spinach	59
		Fruit	0	Fruit	0	Chocolate Chip Cookie	70	Fruit	0
		Cal:806 CHO:120g Na:693mg	693	Cal:927 CHO:93g Na:715mg	715	Cal:839 CHO:82g Na:1288mg	1171	Cal:886 CHO:90g Na:667mg	667

Hydration is important!

As the warm weather starts rolling in, hydration is an important factor for your health. Dehydration occurs when the body does not have enough water to meet its needs. Signs of dehydration are: thirst, dry mouth, going long periods without using the bathroom, dark yellow urine, headache, muscle cramps, dizziness, rapid heartbeat, rapid breathing, nausea, and fainting. Some ways to help prevent dehydration this summer are: carrying water bottle with you, drinking a minimum of 8-8 ounce glasses of water a day, eat a variety of fruits and vegetables, and always having a glass of water at mealtimes. Remember when you notice your mouth is dry, you are most likely already dehydrated and need to drink more water. Other liquids that will help keep us hydrated are juice, seltzer, flavored water, and Gatorade, while coffee and tea can be more dehydrating than hydrating for our bodies.

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

Ethos Vietnamese Menu-July 2022									
Monday 7/11		Tuesday 7/12		Wednesday 7/13		Thursday 7/14		Friday 7/15	
Muong Xao Thit Bo (Stir Fried Water Spinach w/ Beef)	Na+ 395		Na+ 608	Cold Meal	Na+ 450		Na+ 360		Na+ 519
White Rice	50	Teriyaki Salmon*	50	Shrimp Spring Rolls (2 each)	318	Pork w/ Scallion & Ginger Sauce	50	Com Tay Cam (Clay Pot Chicken)*	50
Cabbage	34	White Rice	6	Sesame Noodle Salad	74	White Rice	59	White Rice	6
Fruit	0	Broccoli	0	Cabbage Slaw	121	Water Spinach	0	Broccoli	150
		Fruit		Homemade Banana Pudding		Fruit		Shortbread Cookie	
Cal:863 CHO:82g Na:634mg	634	Cal:753 CHO:102g Na:819mg	819	Cal:686 CHO:91g Na:1118mg	1118	Cal:751 CHO:85g Na:624mg	624	Cal:912 CHO:92g Na:880mg	880
Monday 7/18		Tuesday 7/19		Wednesday 7/20		Thursday 7/21		Friday 7/22	
	Na+		Na+		Na+		Na+		Na+
Mongolian Beef*	680	Turmeric & Ginger Fish	334	Bun Ga Nuong (Lemongrass Chicken)*	602	Sweet & Sour Pork w/ Pineapples & Tomatoes*	699	Chicken Teriyaki*	835
White Rice	50	White Rice	50	White Rice	50	White Rice	50	White Rice	50
Cabbage	34	Bok Choy	57	Broccoli	6	Water Spinach	59	Broccoli	6
Fruit	0	Chocolate Cupcake	210	Fruit	0	Fruit	0	Fruit	0
Cal:820 CHO:95g Na:919mg	919	Cal:751 CHO:80g Na:806mg	806	Cal:807 CHO:97g Na:813mg	813	Cal:803 CHO:95g Na:963mg	963	Cal:692 CHO:89g Na:1046mg	1046
Monday 7/25		Tuesday 7/26		Wednesday 7/27		Thursday 7/28		Friday 7/29	
	Na+	Cold Meal	Na+		Na+		Na+		Na+
Green Curry White Fish*	614	Chicken Bahn-Mi Sandwich	252	(Shrimp Fried Rice)*	592	Vietnamese Pork Curry	169	Honey Orange Chicken*	570
White Rice	50	Whole Grain Hoagie Bun	260	White Rice	50	White Rice	50	White Rice	50
Cabbage	34	Broccoli Salad	179	Bok Choy	57	Water Spinach	59	Broccoli	6
Fruit	0	Fruit	0	Fruit	0	Oatmeal Cookie	105	Fruit	0
Cal:695 CHO:78g Na:853mg	853	Cal:727 CHO:82g Na:846mg	846	Cal:764 CHO:85g Na:854mg	854	Cal:819 CHO:75g Na:538mg	538	Cal:796 CHO:100g Na:781mg	781
Outdoor Cookouts & Food Safety									
Whether it’s the 4th of July or a family reunion, gathering around the table for a picnic or barbecue on a warm day is the joy of summertime. However, if some of our favorite foods – grilled meat, potato salad, or baked beans – sit out longer than two hours, it can become carriers of bacteria and food-borne illnesses. Here are three tips to use before attending your next cookout:									
1. Cleanliness: Wash your hands with hot, soapy water or use sanitizer after handling raw meat and before eating.									
2. Temperature Safety: Keep the hot foods in the oven or on the grill, and the cold foods on ice.									
3. Food Safety 101: No matter how good it looks, when in doubt, throw it out!									
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