

Ethos Vietnamese Menu-August 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 8/1		Tuesday 8/2		Wednesday 8/3		Thursday 8/4		Friday 8/5	
Vegetable Egg Roll w/ Nuoc Cham	NA+ 454	Beef & Broccoli Stir Fry (Thit Bo Xao Cai)	NA+ 453	Ga Nuong (Vietnamese Roasted Chicken)	NA+ 890	Pork Lo Mein	NA+ 420	Muong Xao Thit Bo (Stir Fried Water Spinach w/ Beef)	NA+ 523
White Rice	50	White Rice	50	White Rice	50	Noodles	33	White Rice	140
Cabbage	34	Bok Choy	57	Broccoli	6	Water Spinach	59	Cabbage	9
Fruit	0	Fruit	0	Fruit	0	Shortbread Cookie	150	Fruit	135
Cal:806 CHO:120g Na:693mg		Cal:927 CHO:93g Na:715mg		Cal:799 CHO:80g Na:1101mg		Cal:965 CHO:92g Na:817mg		Cal:863 CHO:82g Na:634mg	
Monday 8/8		Tuesday 8/9		Wednesday 8/10		Thursday 8/11		Friday 8/12	
Teriyaki Salmon	NA+ 608	Pork w/ Scallion & Ginger Sauce	NA+ 360	Cold Meal Shrimp Spring Rolls (2 each) w/ Nuoc Cham	NA+ 460	Com Tay Cam (Clay Pot Chicken)	NA+ 519	Mongolian Beef	NA+ 90
White Rice	50	White Rice	50	Sesame Noodle Salad	318	White Rice	50	White Rice	60
Broccoli	6	Water Spinach	59	Cabbage Slaw	74	Broccoli	6	Cabbage	6
Fruit	0	Fruit	0			Fruit	0	Fruit	135
Cal:753 CHO:102g Na:819mg		Cal:751 CHO:85g Na:624mg		Cal:681 CHO:90g Na:1007mg		Cal:862 CHO:86g Na:730mg		Cal:825 CHO:98g Na:899mg	

Summer & Fresh Foods

Summer is a fantastic season for local produce. All across Boston, farmer and mobile markets are delivering home-grown foods like lettuce, cucumbers, tomatoes, strawberries, blueberries – and more! Buying local when possible is not only good for overall health, but also for the community and economy. Some cool and simple meal ideas to incorporate fruits and veggies:

- 3 ingredient salads: wash and chop cucumber, tomato, basil w/ balsamic vinegar and oil
- Open-faced sandwich: a protein (chickpeas, eggs, or tuna) layered with lettuce and tomato on wheat bread – mayo or mustard optional!
- Berry smoothie: Blend together 1 cup milk of choice, ½ cup yogurt, handful of blueberries, and 1 banana

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

Ethos Vietnamese Menu-August 2022

Monday 8/15		Tuesday 8/16		Wednesday 8/17		Thursday 8/18		Friday 8/19	
	Na+		Na+		Na+		Na+		Na+
Turmeric & Ginger Fish	334	Bun Ga Nuong (Lemongrass Chicken)	602	Veget & Sour Pork w/ Pineapples & Tomato	699	Chicken Teriyaki	835	Green Curry White Fish	390
White Rice	50	White Rice	50	White Rice	50	White Rice	50	White Rice	365
Bok Choy	57	Broccoli	6	Water Spinach	59	Broccoli	6	Cabbage	6
Fruit	0	Fruit	0	Vanilla Cupcake	230	Fruit	0	Fruit	150
Cal:729 CHO:86g Na:596mg		Cal:807 CHO:97g Na:813mg		Cal:843 CHO:93g Na:1193mg		Cal:692 CHO:89g Na:1046mg		Cal:695 CHO:78g Na:853mg	

Monday 8/22		Tuesday 8/23		Wednesday 8/24		Thursday 8/25		Friday 8/26	
	Na+		Na+		Na+		Na+		Na+
Turmeric & Ginger Fish	334	Bun Ga Nuong (Lemongrass Chicken)	602	eeet & Sour Pork w/ Pineapples & Tomato	699	Chicken Teriyaki	835	Green Curry White Fish	380
White Rice	50	White Rice	50	White Rice	50	White Rice	50	White Rice	37
Bok Choy	57	Broccoli	6	Water Spinach	59	Broccoli	6	Cabbage	17
Fruit	0	Fruit	0	Vanilla Cupcake	230	Fruit	0	Fruit	135
Cal:729 CHO:86g Na:596mg		Cal:807 CHO:97g Na:813mg		Cal:843 CHO:93g Na:1193mg		Cal:692 CHO:89g Na:1046mg		Cal:695 CHO:78g Na:853mg	

Monday 8/29		Tuesday 8/30		Wednesday 8/31		
	Na+		Na+		Na+	
Ga Nuong (Vietnamese Roasted Chicken)	890	<u>Cold Meal</u>		Pork Lo Mein	420	
White Rice	50	Chicken Bahn-Mi Sandwich	252	Noodles	33	
Water Spinach	59	Whole Grain Hoagie Bun	260	Boy Choy	57	
Fruit	0	Broccoli Salad	179	Fruit	0	
		Fruit	0			
Cal:843 CHO:84g Na:1154mg		Cal:727 CHO:82g Na:846mg		Cal:886 CHO:90g Na:665mg		

Summer & Fresh Foods

Summer is a fantastic season for local produce. All across Boston, farmer and mobile markets are delivering home-grown foods like lettuce, cucumbers, tomatoes, strawberries, blueberries – and more! Buying local when possible is not only good for overall health, but also for the community and economy. Some cool and simple meal ideas to incorporate fruits and veggies:

- 3 ingredient salads: wash and chop cucumber, tomato, basil w/ balsamic vinegar and oil
- Open-faced sandwich: a protein (chickpeas, eggs or tuna) layered with lettuce and tomato on wheat bread – mayo or mustard optional!
- Berry smoothie: Blend together 1 cup milk of choice, ½ yogurt, handful of blueberries, and 1 banana

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