Ethos Vietnamese Menu-September 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 (Na+) are listed to the right of each item. Milk= 125 mg sodium. Margarine= 35 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.

Thank you.

Thank you to everyone who participated in the annual surveys. We truly appreciate your feedback!

Monday	Tuesday	Wednesday	Thursday 9/1		Friday 9/2	
General Sodium Guidelines				Na+		Na+
The Dietary Guidelines for Ame	ericans recommends eating less than 2,300	mg of salt (1 teaspoon!) daily.	Grilled Chicken Thigh	86	ng Xao Thit Bo (Water Spinach w/	395
So what can you do to cut dow	cut down your salt intake? Mac & Cheese 323 White Rice				White Rice	50
			Mixed Vegetables	17	Cabbage	34
• Read the label. Our lower in	sodium meals range between 500-800 mg.	Wheat Roll	135	Fruit	0	
• Purchase low salt foods. Hide	den sources are in boullion cubes, breads, p	Brownie	115			
• Practice moderation. For exa	imple, have a low salt lunch before having a					
Mention any sodium or dieta	ary concerns to the Ethos dietitian, Ani, at					
			Cal:928 CHO:88g Na:831mg	715	Cal:863 CHO:82g Na:634mg	604
Monday 9/5	Tuesday 9/6	Wednesday 9/7	Thursday 9/8		Friday 9/9	

Monday 9/5		Tuesday 9/6		Wednesday 9/7		Thursday 9/8		Friday 9/9	
CLOSED	Na+		Na+		Na+		Na+		Na+
				Pork w/ Scallion		Com Tay Cam			
Labor Day		Teriyaki Salmon	608	& Ginger Sauce	367	(Clay Pot Chicken)	519	Mongolian Beef	660
Holiday meals are delivered		White Rice	50	White Rice	50	White Rice	50	White Rice	50
week of Septeber 2, 2022		Broccoli	6	Water Spinach	59	Broccoli	6	Cabbage	34
		Fruit	0	Shortbread Cookie	150	Fruit	0	Fruit	0
		Cal:753 CHO:102g Na:819mg	789	Cal:841 CHO:87g Na:781mg	751	Cal:862 CHO:86g Na:730mg	700	Cal:825 CHO:98g Na:899mg	869

Attention SNAP Participants: Change your EBT Card PIN Number Immediately!

Due to fraud and scams, you must reset your PIN number on your SNAP card. You cannot purchase food with your SNAP card until you reset your PIN.

To reset PIN number: Call 800-997-2555 with your 1) SNAP card number ready, 2) social security or 99 number ready, 3) date of birth.

Questions? Call the Department of Transition Assistance at 877-382-2363.

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

Ethos Vietnamese Menu-September 2022									
Monday 9/12	Tuesday 9/13			Wednesday 9/14		Thursday 9/15		Friday 9/16	
	Na+		Na+		Na+		Na+		Na+
		Bun Ga Nuong		Sweet & Sour Pork					
Turmeric & Ginger Fish	334	(Lemongrass Chicken)	602	w/ Pineapples & Tomatoes	699	Chicken Teriyaki	835	Green Curry White Fish	614
White Rice	50	White Rice	50	White Rice	50	White Rice	50	White Rice	50
Bok Choy	57	Broccoli	6	Water Spinach	59	Broccoli	6	Cabbage	34
Oatmeal Cookie	105	Fruit	0	Vanilla Cupcake	230	Fruit	0	Fruit	0
Cal:741 CHO:78g Na:701mg	671	Cal:807 CHO:97g Na:813mg	783	Cal:843 CHO:93g Na:1193mg	1163	Cal:692 CHO:89g Na:1046mg	1016	Cal:695 CHO:78g Na:853mg	823
Monday 9/19		Tuesday 9/20		Wednesday 9/21		Thursday 9/22		Friday 9/23	
	Na+		Na+		Na+		Na+		Na+
Com Chien Tom						Vegetable Egg Roll		Beef & Broccoli Stir Fry	
(Shrimp Fried Rice)	592	Vietnamese Pork Curry	169	Honey Orange Chicken	570	w/ Nuoc Cham	454	(Thit Bo Xao Cai)	453
White Rice	50	White Rice	50	White Rice	50	White Rice	50	White Rice	50
Bok Choy	57	Water Spinach	59	Broccoli	6	Bok Choy	57	Cabbage	34
Fruit	0	Fruit	0	Fruit	0	Chocolate Chip Cookie	70	Fruit	0
Cal:764 CHO:85g Na:854mg	824	Cal:835 CHO:88g Na:433mg	403	Cal:796 CHO:100g Na:781mg	751	Cal:783 CHO:104g Na:786mg	686	Cal:927 CHO:93g Na:692mg	662
Monday 9/26		Tuesday 9/27		Wednesday 9/28		Thursday 9/29		Friday 9/30	
	Na+		Na+		Na+		Na+		Na+
Ga Nuong (Vietnamese				Vietnamese Caramel Shrimp		Muong Xao Thit Bo (Stir Fried			
Roasted Chicken)	890	Pork Lo Mein	420	& Pork (Tom Thit Rim)	902	Water Spinach w/ Beef)	395	Chinese BBQ Pork	247
White Rice	50	Noodles	33	White Rice	50	White Rice	50	White Rice	50
Water Spinach	59	Bok Choy	57	Cabbage	34	Broccoli	6	Water Spinach	59
Fruit	0	Fruit	0	Fruit	0	Shortbread Cookie	150	Fruit	0
Cal:843 CHO:84g Na:1154mg	1124	Cal:886 CHO:90g Na:665mg	635	Cal:905 CHO:99g Na:1141mg	1111	Cal:905 CHO:89g Na:756mg	726	Cal:879 CHO:80g Na:511mg	481



Reminder!

Use your farmers market coupons for fresh fruits and vegetables.

They expire October 31, 2022.



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