

# Ethos Vietnamese Menu-October 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.

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 10/3		Tuesday 10/4		Wednesday 10/5		Thursday 10/6		Friday 10/7	
Com Tay Cam (Rice w/ Chicken)	Na+	Teriyaki Salmon	Na+	Pork w/ Scallion & Ginger Sauce	Na+	Roasted Chicken w/ Apple Chutney	Na+	Mongolian Beef	Na+
White Rice	519	White Rice	608	White Rice	367	Butternut Squash & Couscous	355	White Rice	660
Water Spinach	50	Broccoli	50	Water Spinach	50	Broccoli	15	Cabbage	50
Fruit	59	Fruit	6	Fruit	59	Wheat Roll	6	Fruit	34
	0		0		0		135		30
Cal:882 CHO:86g Na:783mg	753	Cal:753 CHO:102g Na:819mg	789	Cal:741 CHO:83g Na:631mg	601	Cal:725 CHO:90g Na:816mg	636	Cal:825 CHO:98g Na:899mg	899
Monday 10/10		Tuesday 10/11		Wednesday 10/12		Thursday 10/13		Friday 10/14	
<b>CLOSED</b>		Bun Ga Nuong (Lemongrass Chicken)		Sweet & Sour Pork w/ Pineapple		Chicken Teriyaki		Green Curry White Fish	
Columbus Day		White Rice	602	White Rice	699	White Rice	835	White Rice	614
		Fruit	50	Homemade Banana Pudding	50	Fruit	50	Oatmeal Cookie	50
			0		121		0		105
		Cal:807 CHO:97g Na:813mg	131	Cal:825 CHO:93g Na:1084mg	355	Cal:692 CHO:89g Na:1046mg	131	Cal:750 CHO:85g Na:958mg	314





## The Science Behind Soup

When we think cooler weather, what foods come to mind? Soups and stews? Science says when foods are cooked in a liquid or broth, their nutrients go out with it. Often times, we can see that happen when the liquid or broth changes color.  
And bonus: when we drink that liquid, we also hydrate our bodies, which can be often overlooked during fall and winter seasons.  
So, the next time soup is on the menu, remember how and why this warm dish keeps us nourished.



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

# Ethos Vietnamese Menu-October 2022

Monday 10/17		Tuesday 10/18		Wednesday 10/19		Thursday 10/20		Friday 10/21	
Com Chien Tom (Shrimp Fried Rice)	Na+ 592	Vietnamese Pork Curry	Na+ 169	Honey Orange Chicken	Na+ 560	Pork Egg Roll w/ Nuoc Cham	Na+ 534	Beef & Broccoli (Thit Bo Xao Cai)	Na+ 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	Fudge Brownie	115	Fruit	0	Fruit	0
Cal:764 CHO:85g Na:854mg	824	Cal:835 CHO:88g Na:433mg	403	Cal:946 CHO:114g Na:886mg	856	Cal:790 CHO:105g Na:796mg	766	Cal:927 CHO:93g Na:692mg	662
Monday 10/24		Tuesday 10/25		Wednesday 10/26		Thursday 10/27		Friday 10/28	
Ga Nuong (Roasted Chicken)	890	Pork Lo Mein	420	Shrimp & Pork (Tom Thit Rim)	902	Muong Xao Thit Bo (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	Chocolate Chip Cookie	70	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:676mg	646	Cal:879 CHO:80g Na:511mg	481
Monday 10/31									
Turmeric & Ginger Fish	Na+ 334	<div>Reminder!</div> <div>Use your farmers market coupons for fresh fruits and vegetables.</div> <div>They expire October 31, 2022.</div>				<div>Ethos Nutrition Advice</div> <div>If you have questions about our menus, or concerns about your nutrition status, please contact the Community Dietitian, Ani, at 617-477-6606.</div>			
White Rice	50								
Bok Choy	57								
Fruit	0								
Cal:741 CHO:78g Na:566mg	566								
<div>Experiencing Medicare Questions Or Issues?</div> <div>There are two programs that may help. The Boston SHINE Program at Ethos ensures that residents have access to accurate and unbiased information about their healthcare options. The Medicare Advocacy Project (MAP) at Greater Boston Legal Services offers free legal services for issues which cannot be resolved with assistance from SHINE.</div> <div>For more information, call the SHINE Program at Ethos at 617-522-9270 or MAP at Greater Boston Legal Services at 617-603-1700.</div>									
<div><div>SHINE</div><div>Medicare Advocacy Project Protecting your medicare rights.</div></div>									
<div>Please notify Ethos of any life threatening food allergies @ 617-477-6606</div>									