

Ethos Vietnamese HDM Menu-December 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 Ethos' Community Dietitian.
To cancel a meal, please call (617) 477-6606 by 9AM the previous day.
Menu subject to change.
Thank you.

All HDM Drivers are required to see someone at delivery and ask about clients at least twice week. No meals will be left without seeing someone at delivery.

Holiday Closures Announcement:

On Monday, 12/26/2022, Ethos is closed due to the Christmas holiday. You will receive a frozen holiday meal the week of 12/19.

On Monday, 1/02/2023, Ethos is closed for New Year's Day holiday. You will receive a frozen holiday meal the week of 12/27.

Thursday 12/1										Friday 12/2			
							Na+						Na+
Pork & Kimchi Dumplings w/ Soy Drizzle							600	Mongolian Beef					660
White Rice							50	White Rice					50
Bok Choy							57	Cabbage					34
Shortbread Cookie							150	Fruit					30
Margarine							30	Margarine					0
Calories: 878 Na: 1010mg								Calories: 825 Na: 899mg					-

Monday 12/5		Tuesday 12/6		Wednesday 12/7		Thursday 12/8		Friday 12/9	
	Na+		Na+		Na+		Na+		Na+
Pork w/ Scallion & Ginger Sauce	367	Bun Ga Nuong (Lemongrass Chicken)	602	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
Water Spinach	59	Broccoli	6	Water Spinach	59	Broccoli	6	Cabbage	34
Fruit	0	Fruit	0	Oatmeal Cookie	105	Fruit	0	Fruit	0
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Calories: 741 Na: 631mg		Calories: 807 Na: 813mg		Calories: 825 Na: 1068mg		Calories: 692 Na: 1046mg		Calories: 750 Na: 853mg	

Monday 12/12		Tuesday 12/13		Wednesday 12/14		Thursday 12/15		Friday 12/16	
Com Chien Tom (Shrimp Fried Rice)	592	Vietnamese Pork Curry	169	Honey Orange Chicken	560	Teriyaki Chicken Potstickers w/ Sweet & Sour Sauce	434	Beef & Broccoli Stir Fry (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	Shortbread Cookie	150	Fruit	0	Fruit	0
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Calories: 764 Na: 854mg		Calories: 835 Na: 433mg		Calories: 896 Na: 921mg		Calories: 794 Na: 696mg		Calories: 927 Na: 692mg	

'Tis the Season for Physical & Mental Health

From the Desk of Ani Aroian, Registered Dietitian, LDN, MPH

Throughout life, but especially during the winter holidays, it's important to have balance in your daily routine. For example, exercising regularly and eating nourishing meals help us stay physically fit. Equally important, breaking bread with our community and spending time with loved ones help us stay mentally fit. Here are a few ways to help you practice balance in life:

- Eat and drink consistently throughout the day. Don't skip meals.
- Eat a combination of nourishing and delicious foods.
- Exercise daily, at least 30 minutes.
- Socialize with others. Phone a friend or attend holiday events.

Healthy IDEAS Program at Ethos

In the last two weeks, have you felt bothered by having little interest in doing things, or by feeling down or sad?

If you answered "Yes", the Healthy IDEAS program with Ethos may be able to assist you at no cost. For more information, contact Molly O'Brien at 617-477-6930.



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