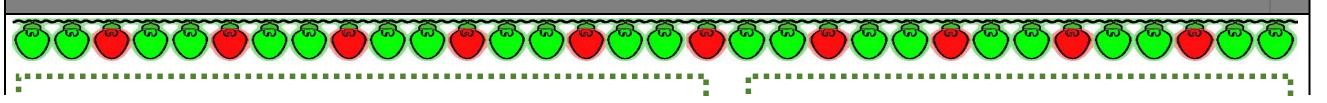
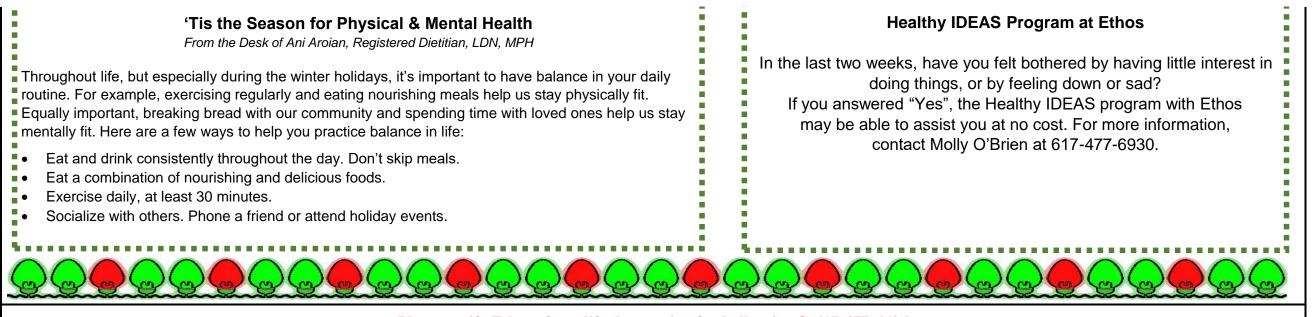
		Ethos V	ietn	amese HDM Menu	-De	cember 2022			
ETHOS		A suggested donation of \$2.00 Calories for the total me Milligrams of s Milk= 12 All nutrition inform To cancel a meal, p	All HDM Drivers are required to see someone at delivery and ask about clients at least twice week. No meals will be left without seeing someone at delivery.						
						Thursday 12/1		Friday 12/2	
		lidey Cleanses Announce			1.		Na+		Na+
 Holiday Closures Announcement: 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. 						Pork & Kimchi Dumplings w/ Soy Drizzle White Rice Bok Choy Shortbread Cookie Margarine	600 50 57 150 30	Mongolian Beef White Rice Cabbage Fruit Margarine	660 50 34 30 0 -
						Calories: 878 Na: 1010mg		Calories: 825 Na: 899mg	
Monday 12/5		Tuesday 12/6		Wednesday 12/7		Thursday 12/8		Friday 12/9	
			I I						
	Na+		Na+		Na+		Na+		Na+
Pork w/ Scallion & Ginger Sauce	Na+ 367	Bun Ga Nuong (Lemongrass Chicken)	Na+ 602	Tomatoes	Na+ 699	Chicken Teriyaki	Na+ 835	Green Curry White Fish	Na+ 614
		Bun Ga Nuong (Lemongrass Chicken) White Rice		Tomatoes White Rice		Chicken Teriyaki White Rice			<u> </u>
Pork w/ Scallion & Ginger Sauce	367		602		699		835	Green Curry White Fish	614
Pork w/ Scallion & Ginger Sauce White Rice	367 50	White Rice	602 50	White Rice	699 50	White Rice	835 50	Green Curry White Fish White Rice	614 50
Pork w/ Scallion & Ginger Sauce White Rice Water Spinach Fruit Margarine	367 50 59	White Rice Broccoli Fruit Margarine	602 50 6	White Rice Water Spinach Oatmeal Cookie Margarine	699 50 59	White Rice Broccoli Fruit Margarine	835 50 6	Green Curry White Fish White Rice Cabbage Fruit Margarine	614 50 34
Pork w/ Scallion & Ginger Sauce White Rice Water Spinach Fruit Margarine Calories: 741 Na: 631mg	367 50 59 0	White Rice Broccoli Fruit Margarine Calories: 807 Na: 813mg	602 50 6 0	White Rice Water Spinach Oatmeal Cookie Margarine Calories: 825 Na: 1068mg	699 50 59 105	White Rice Broccoli Fruit Margarine Calories: 692 Na: 1046mg	835 50 6 0	Green Curry White Fish White Rice Cabbage Fruit Margarine Calories: 750 Na: 853mg	614 50 34 0
Pork w/ Scallion & Ginger Sauce White Rice Water Spinach Fruit Margarine	367 50 59 0	White Rice Broccoli Fruit Margarine	602 50 6 0	White Rice Water Spinach Oatmeal Cookie Margarine	699 50 59 105	White Rice Broccoli Fruit Margarine Calories: 692 Na: 1046mg Thursday 12/15	835 50 6 0	Green Curry White Fish White Rice Cabbage Fruit Margarine	614 50 34 0
Pork w/ Scallion & Ginger Sauce White Rice Water Spinach Fruit Margarine Calories: 741 Na: 631mg Monday 12/12	367 50 59 0 30	White Rice Broccoli Fruit Margarine Calories: 807 Na: 813mg Tuesday 12/13	602 50 6 0 30	White Rice Water Spinach Oatmeal Cookie Margarine Calories: 825 Na: 1068mg Wednesday 12/14	699 50 59 105 30	White Rice Broccoli Fruit Margarine Calories: 692 Na: 1046mg Thursday 12/15 Teriyaki Chicken Potstickers w/ Sweet &	835 50 6 0 30	Green Curry White Fish White Rice Cabbage Fruit Margarine Calories: 750 Na: 853mg Friday 12/16	614 50 34 0 30
Pork w/ Scallion & Ginger Sauce White Rice Water Spinach Fruit Margarine Calories: 741 Na: 631mg Monday 12/12 Com Chien Tom (Shrimp Fried Rice)	367 50 59 0 30 592	White Rice Broccoli Fruit Margarine Calories: 807 Na: 813mg Tuesday 12/13 Vietnamese Pork Curry	602 50 6 0 30	White Rice Water Spinach Oatmeal Cookie Margarine Calories: 825 Na: 1068mg Wednesday 12/14 Honey Orange Chicken	699 50 59 105 30	White Rice Broccoli Fruit Margarine Calories: 692 Na: 1046mg Thursday 12/15 Teriyaki Chicken Potstickers w/ Sweet & Sour Sauce	835 50 6 0 30	Green Curry White Fish White Rice Cabbage Fruit Margarine Calories: 750 Na: 853mg Friday 12/16 Beef & Broccoli Stir Fry (Thit Bo Xao Cai)	614 50 34 0 30 453
Pork w/ Scallion & Ginger Sauce White Rice Water Spinach Fruit Margarine Calories: 741 Na: 631mg Monday 12/12 Com Chien Tom (Shrimp Fried Rice) White Rice	367 50 59 0 30 592 50	White Rice Broccoli Fruit Margarine Calories: 807 Na: 813mg Tuesday 12/13 Vietnamese Pork Curry White Rice	602 50 6 0 30 169 50	White Rice Water Spinach Oatmeal Cookie Margarine Calories: 825 Na: 1068mg Wednesday 12/14 Honey Orange Chicken White Rice	699 50 59 105 30 560 50	White Rice Broccoli Fruit Margarine Calories: 692 Na: 1046mg Thursday 12/15 Teriyaki Chicken Potstickers w/ Sweet & Sour Sauce White Rice	835 50 6 0 30 434 50	Green Curry White Fish White Rice Cabbage Fruit Margarine Calories: 750 Na: 853mg Friday 12/16 Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice	614 50 34 0 30 453 50
Pork w/ Scallion & Ginger Sauce White Rice Water Spinach Fruit Margarine Calories: 741 Na: 631mg Monday 12/12 Com Chien Tom (Shrimp Fried Rice) White Rice Bok Choy	367 50 59 0 30 592 50 57	White Rice Broccoli Fruit Margarine Calories: 807 Na: 813mg Tuesday 12/13 Vietnamese Pork Curry White Rice Water Spinach	602 50 6 0 30	White Rice Water Spinach Oatmeal Cookie Margarine Calories: 825 Na: 1068mg Wednesday 12/14 Honey Orange Chicken White Rice Broccoli	699 50 59 105 30 50 50 6	White Rice Broccoli Fruit Margarine Calories: 692 Na: 1046mg Thursday 12/15 Teriyaki Chicken Potstickers w/ Sweet & Sour Sauce White Rice Bok Choy	835 50 6 0 30 30 434 50 57	Green Curry White Fish White Rice Cabbage Fruit Margarine Calories: 750 Na: 853mg Friday 12/16 Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Cabbage	614 50 34 0 30 453
Pork w/ Scallion & Ginger Sauce White Rice Water Spinach Fruit Margarine Calories: 741 Na: 631mg Monday 12/12 Com Chien Tom (Shrimp Fried Rice) White Rice	367 50 59 0 30 592 50	White Rice Broccoli Fruit Margarine Calories: 807 Na: 813mg Tuesday 12/13 Vietnamese Pork Curry White Rice	602 50 6 0 30 169 50 59	White Rice Water Spinach Oatmeal Cookie Margarine Calories: 825 Na: 1068mg Wednesday 12/14 Honey Orange Chicken White Rice	699 50 59 105 30 560 50	White Rice Broccoli Fruit Margarine Calories: 692 Na: 1046mg Thursday 12/15 Teriyaki Chicken Potstickers w/ Sweet & Sour Sauce White Rice	835 50 6 0 30 434 50	Green Curry White Fish White Rice Cabbage Fruit Margarine Calories: 750 Na: 853mg Friday 12/16 Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice	614 50 34 0 30 453 50 34

Storm Package Announcement: All clients should have received a storm pack containing two meals, to be used in case of a snow storm this winter. If you have not received a storm package, please call 617-477-6606.

Please notify Ethos of any life threatening food allergies @ 617-477-6606													
Ethos Vietnamese HDM Menu-December 2022													
Monday 12/19		Tuesday 12/20		Wednesday 12/21		Thursday 12/22		Friday 12/23					
	Na+		Na+		Na+	High Sodium Meal	Na+	Holiday Special	Na+				
Ga Nuong (Vietnamese Roasted				Vietnamese Caramel Shrimp & Pork									
Chicken)	890	Pork Lo Mein	420	(Tom Thit Rim)	902	Baked Ham w/ Raisin Sauce	615	Chinese BBQ Pork	247				
White Rice	50	Noodles	33	White Rice	50	Red Skin Mashed Potatoes	267	White Rice	50				
Water Spinach	59	Bok Choy	57	Cabbage	34	Carrots	32	Water Spinach	59				
Fruit	0	Fruit	0	Fruit	0	Wheat Roll	135	Fruit	0				
Margarine	30	Margarine	30	Margarine	30	Brownie	115	Margarine	30				
	-					Margarine	30						
Calories: 843 Na: 1154mg		Calories: 886 Na: 665mg		Calories: 905 Na: 1141mg		Calories: 775 Na: 1319mg		Calories: 879 Na: 511mg					
Monday 12/26		Tuesday 12/27		Wednesday 12/28		Thursday 12/29		Friday 12/30					
		Muong Xao Thit Bo (Stir Fried Water											
CLOSED		Spinach w/ Beef)	395	Teriyaki Salmon	608	Oven "Fried" Chicken	150	Mongolian Beef	660				
		White Rice	50	White Rice	50	Black Eyed Peas	60	White Rice	50				
Plidauc		Broccoli	6	Broccoli	6	Carrots	32	Cabbage	34				
Holidays!		Fruit	0	Fruit	0	Wheat Roll	135	Fruit	0				
		Margarine	30	Margarine	30	Oatmeal Cookie	105	Margarine	30				
Holiday meals are delivered the week of 12/19/2022						Margarine	30						
		Calories: 870 Na: 606mg		Calories: 803 Na: 819mg		Calories: 705 Na: 637mg		Calories: 825 Na: 899mg					





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