

Ethos Vietnamese HDM Menu-January 2023



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.

Monday 1/2

Tuesday 1/3

Wednesday 1/4

Thursday 1/5

Friday 1/6

Winters in New England occasionally provide us with snow emergencies that require us to close. If you are concerned about a delivery due to bad weather, Ethos' closing announcements are listed on local television stations: channel 5 and channel 7.

| | Na+ | | Na+ | | Na+ | | Na+ |
|-----------------------------------|-----|--|-----|--------------------------|-----|-------------------------|-----|
| Bun Ga Nuong (Lemongrass Chicken) | 602 | Sweet & Sour Pork w/ Pineapples & Tomatoes | 699 | Chicken Teriyaki | 835 | Green Curry White Fish | 614 |
| White Rice | 50 | White Rice | 50 | White Rice | 50 | White Rice | 50 |
| Broccoli | 6 | Water Spinach | 59 | Broccoli | 6 | Cabbage | 34 |
| Fruit | 0 | Oatmeal Cookie | 105 | Shortbread Cookie | 150 | Fruit | 0 |
| Margarine | 30 | Margarine | 30 | Margarine | 30 | Margarine | 30 |
| Cal:807 Na:813mg | | Cal:825 Na:1068mg | | Cal:792 Na:1196mg | | Cal:750 Na:853mg | |

Monday 1/9

Tuesday 1/10

Wednesday 1/11

Thursday 1/12

Friday 1/13

| | | | | Holiday Meal | | | | | |
|-----------------------------------|-----|-------------------------|-----|-------------------------|-----|---------------------------|-----|--|-----|
| Com Chien Tom (Shrimp Fried Rice) | 592 | Vietnamese Pork Curry | 169 | Honey Orange Chicken | 560 | Roasted Chicken Drumstick | 97 | Beef & Broccoli Stir Fry (Thit Bo Xao Cai) | 453 |
| White Rice | 50 | White Rice | 50 | White Rice | 50 | Mac & Cheese | 323 | White Rice | 50 |
| Bok Choy | 57 | Water Spinach | 59 | Broccoli | 6 | Collard Greens | 40 | Cabbage | 34 |
| Fruit | 0 | Fruit | 0 | Fruit | 0 | Wheat Roll | 135 | Fruit | 0 |
| Margarine | 30 | Margarine | 30 | Margarine | 30 | Mixed Fruit | 10 | Margarine | 30 |
| Cal:764 Na:854mg | | Cal:835 Na:433mg | | Cal:796 Na:771mg | | Cal:814 Na:760mg | | Cal:927 Na:692mg | |

Stay Food Safe this Winter: Messages from the Massachusetts Partnership of Food Safety Education


During a power outage, your refrigerator keeps food safe up to 4 hours if it's kept closed. After that, discard refrigerated perishable food such as meat, poultry, fish, eggs & leftovers. Do not place perishable food out in the snow since outside temperatures can vary, and exposed foods can lead to unsanitary conditions and animals.

If the power goes out, use perishable and refrigerated foods first. Then, use the foods from the freezer, followed by canned and shelf-stable foods last. If a flood happens in your home, do not eat the foods that may have touched the flood water: non-waterproof containers, cardboard boxes and damaged cans. When in doubt, throw it out!

For more food safety tips when the electricity goes out, visit www.mafoodsafetyeducation.info.

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

Ethos Vietnamese HDM Menu-January 2023

| Monday 1/16 | Tuesday 1/17 | Wednesday 1/18 | Thursday 1/19 | Friday 1/20 |
|--|---|---|---|--|
| <p>CLOSED</p>  <p>Frozen holiday meals will be delivered the week of 1/9/2023</p> | <p>Na+</p> <p>Pork Lo Mein 420 Noodles 33 Bok Choy 57 Oatmeal Cookie 105 Margarine 30</p> <p>Cal:925 Na:770mg</p> | <p>High Sodium Meal</p> <p>Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) 902 White Rice 50 Cabbage 34 Apricot Crisp 73 Margarine 30</p> <p>Cal:1105 Na:1214mg</p> | <p>Na+</p> <p>Teriyaki Chicken Potstickers w/ Sweet & Sour Sauce 434 White Rice 50 Bok Choy 57 Fruit 0 Margarine 30</p> <p>Cal:794 Na:696mg</p> | <p>Na+</p> <p>Chinese BBQ Pork 247 White Rice 50 Water Spinach 59 Fruit 0 Margarine 30</p> <p>Cal:879 Na:511mg</p> |

| Monday 1/23 | Tuesday 1/24 | Wednesday 1/25 | Thursday 1/26 | Friday 1/27 |
|--|--|---|---|--|
| <p>Turmeric & Ginger Fish 334 White Rice 50 Bok Choy 57 Fruit 0 Margarine 0</p> <p>Cal:741 Na:566mg</p> | <p>Muong Xao Thit Bo (Stir Fried Water Spinach w/ Beef) 395 White Rice 50 Broccoli 6 Fruit 0 Margarine 30</p> <p>Cal:870 Na:606mg</p> | <p>Teriyaki Salmon 608 White Rice 50 Broccoli 6 Brownie 115 Margarine 30</p> <p>Cal:923 Na:934mg</p> | <p>Pork & Kimchi Dumplings w/ Soy Drizzle 600 White Rice 50 Bok Choy 57 Fruit 0 Margarine 30</p> <p>Cal:808 Na:862mg</p> | <p>Mongolian Beef 660 White Rice 50 Cabbage 34 Fruit 30 Margarine 0</p> <p>Cal:825 Na:899mg</p> |

| Monday 1/30 | Tuesday 1/31 |
|---|---|
| <p>Pork w/ Scallion & Ginger Sauce 367 White Rice 50 Water Spinach 59 Fruit 0 Margarine 30</p> <p>Cal:741 Na:631mg</p> | <p>Bun Ga Nuong (Lemongrass Chicken) 602 White Rice 50 Broccoli 6 Fruit 0 Margarine 30</p> <p>Cal:807 Na:813mg</p> |

Ethos Nutrition Advice

If you have questions about our menus, or concerns about your nutrition status, please contact the Community Dietitian, Ani Aroian, RD, LDN, MPH, at 617-477-6606.

Ethos Meals on Wheels Information
From the Desk of Ani Aroian, Registered Dietitian, LDN, MPH

Every weekday, the Ethos Meals on Wheels program delivers hot, nutritious meals to hundreds of homebound elderly and disabled residents of Allston, Brighton, Hyde park, Jamaica Plain, Mattapan, Roslindale and West Roxbury. The menus cater to many tastes, featuring Vietnamese, Latino, Caribbean, Vegetarian, and Kosher dishes as well as traditional American fare. There are also therapeutic meals available for those who have life-threatening food allergies or need textural modifications.

All meals, including calories and nutrients, meet 1/3 of the current Dietary Reference Intake (DRI) for people ages 51 years or older. This includes one serving high-quality protein daily, a variety of fruits, raw and cooked vegetables daily, and a rotation of high-fiber breads. In addition, we serve low-to-no-salt added foods, which offers heart-healthy options on a daily basis.

For more information about Ethos menus, call 617-477-6606 or visit www.ethocare.org/services/nutrition/meals-on-wheels-menus.

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