

Ethos Vietnamese HDM Menu-February 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.

Wednesday 2/1

Thursday 2/2

Friday 2/3

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+
Sweet & Sour Pork w/ Pineapples & Tomatoes	699	Chicken Teriyaki	835	Green Curry White Fish	614
White Rice	50	White Rice	50	White Rice	50
Water Spinach	59	Broccoli	6	Cabbage	34
Fruit	0	Fruit	0	Chocolate Chip Cookie	70
Margarine	30	Margarine	30	Margarine	30
Cal:800 Na:963mg		Cal:732 Na:1046mg		Cal:760 Na:923mg	

Monday 2/6

Tuesday 2/7

Wednesday 2/8

Thursday 2/9

Friday 2/10

	Na+		Na+		Na+		Na+		Na+
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	Fruit	0	Oatmeal Cookie	105	Fruit	0
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Cal:764 Na:854mg		Cal:835 Na:433mg		Cal:796 Na:771mg		Cal:804 Na:801mg		Cal:927 Na:692mg	



February is American Heart Month!

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




Choose foods with low-to-no added salt. Reduce intake of red meat. Include fruits and high fiber vegetables with meals and snacks. Do these phrases sound familiar? That's because they are part of the scientific recommendations to help reduce the risk of cardiovascular disease. This month, talk with your medical team on what you can do to further protect your heart health. Remember: you don't have to make big changes all at once. Even the smallest steps go a long way!

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

Ethos Vietnamese HDM Menu-February 2023

Monday 2/13		Tuesday 2/14		Wednesday 2/15		Thursday 2/16		Friday 2/17	
	Na+		Na+		Na+	<i>Holiday Meal - High Sodium Meal</i>	Na+		Na+
Turmeric & Ginger Fish	334	Pork Lo Mein	420	Vietnamese Caramel Shrimp & Pork (Tom Thit Rim)	902	Crispy Chicken Sandwich w/Pickles	640	Chinese BBQ Pork	247
White Rice	50	Noodles	33	White Rice	50	Whole Grain Mac & Cheese	323	White Rice	50
Bok Choy	57	Broccoli	6	Cabbage	34	Beets & Greens	73	Water Spinach	59
Fruit	0	Chocolate Chip Cookie	70	Fruit	0	Wheat Hamburger Bun	230	Fruit	0
Margarine	0	Margarine	30	Margarine	30	Fruit	0	Margarine	30
						Margarine	30		
Cal:741 Na:566mg		Cal:925 Na:684mg		Cal:878 Na:1141mg		Cal:925 Na:1421mg		Cal:879 Na:511mg	

Monday 2/20		Tuesday 2/21		Wednesday 2/22		Thursday 2/23		Friday 2/24	
<div><p>CLOSED</p><p>Frozen holiday meals will be delivered the week of 2/13/23</p></div>		Na+		Na+		Na+		Na+	
	Muong Xao Thit Bo (Stir Fried Water				Pork & Kimchi Dumplings w/ Soy				
	Spinach w/ Beef)	395	Teriyaki Salmon	590	Drizzle	600	Mongolian Beef	660	
	White Rice	50	White Rice	50	White Rice	50	White Rice	50	
	Water Spinach	59	Broccoli	6	Bok Choy	57	Cabbage	34	
	Fruit	0	Fruit	0	Shortbread Cookie	150	Fruit	30	
	Margarine	30	Margarine	30	Margarine	30	Margarine	0	
	Cal:875 Na:659mg		Cal:730 Na:801mg		Cal:868 Na:1012mg		Cal:825 Na:899mg		

Monday 2/27		Tuesday 2/28	
	Na+		Na+
Pork w/ Scallion & Ginger Sauce	367	Bun Ga Nuong (Lemongrass Chicken)	602
White Rice	50	White Rice	50
Water Spinach	59	Broccoli	6
Fruit	0	Fruit	0
Margarine	30	Margarine	30
Cal:741 Na:631mg		Cal:807 Na:813mg	

Do you know someone who can benefit from Ethos' Home Delivered Meals Program?
Please contact the Nutrition Department at 617-477-6606 for more information.

Announcement for SNAP Recipients: Federal Extra COVID SNAP is Ending

Due to federal action, the last COVID SNAP payment is March 2, 2023. How will this impact your SNAP benefits? Starting in April, you will get only 1 monthly payment. That is your normal benefit. Find the amount on DTA Connect or by calling 877-382-2363. As a reminder, unused SNAP benefits roll over each month.

Change the PIN on your EBT card regularly to protect your benefits.

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