

Ethos Vietnamese Menu-January 2025



A suggested donation of \$2.00 is requested. Each meal includes low-fat milk and margarine. Total calories and sodium, including milk and margarine, are listed for each day. 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. Menus are subject to change.

To cancel a meal, please call 617-477-6606 by 9AM the previous day.

All HDM Drivers are required to see someone at delivery. No meals will be left without seeing someone at delivery.

ANNOUNCEMENTS

Snow Emergencies: If you are concerned that Ethos is closed due to bad weather, please call the main number at 617-522-6700. Ethos' closing announcement is also listed on local television stations Channel 5 and Channel 7.

Healthy Incentives Program (HIP) Benefit Change: Since December 2024, the maximum HIP benefit a household can use will be \$20 a month for all households, regardless of size. The Supplemental Nutrition Assistance Program (SNAP) benefits are not impacted by this change. For more information, visit: mass.gov/HIPChange.

Wednesday 1/1/2025



Ethos is closed.
Frozen meals delivered week of 12/23/24

Thursday 1/2

	Na+		Na+
Pork Lo Mein	367	Beef & Broccoli Stir Fry	434
Noodles	50	(Thit Bo Xao Cai)	
Broccoli	29	White Rice	50
Fruit	0	Bok Choy	57
		Fruit	0
Cal:800 Na:601mg		Cal:827 Na:696mg	

Friday 1/3

Monday 1/6

	Na+
Caramel Ginger Chicken	660
White Rice	50
Cabbage	34
Fruit	0

Cal:800 Na:899mg

Tuesday 1/7

	Na+
Vietnamese Pork Curry	170
White Rice	50
Water Spinach	59
Fruit	0

Cal:915 Na:434mg

Wednesday 1/8

	Na+
Beef Teriyaki	480
White Rice	50
Cabbage	34
Shortbread Cookie	150

Cal:824 Na:869mg

Thursday 1/9

	Na+
Turmeric & Ginger Fish	318
White Rice	50
Water Spinach	34
Fruit	0

Cal:702 Na:527mg

Friday 1/10

	Na+
Pork Fried Rice	506
White Rice	250
Bok Choy	64
Fruit	0

Cal:806 Na:587mg

Happy New Year! Wishing You Good Health & Nutrition in 2025! - From the Desk of the Community Dietitian at Ethos

With every new year comes "New Year's Resolutions", also known as nutrition or fitness goals (ex. eat more vegetables, reduce sugar intake, exercise more). Here are some action-based steps on how to achieve your goals:

1. **Start Small** - What is something easy you can change about your habits?
2. **Gradually Increase** - Can you increase vegetables from 2 to 3 servings/day? Or increase exercise from 1 to 2 times weekly?
3. **Reassess** - In the past 3 months, how close have you gotten to achieve this goal?


Questions about the menus or concerns about your nutrition status? Please call the Ethos Dietitian at 617-477-6606.

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



Ethos Vietnamese Menu-January 2025

Monday 1/13		Tuesday 1/14		Wednesday 1/15		Thursday 1/16		Friday 1/17	
	Na+		Na+		Na+		Na+		Na+
Teriyaki Salmon	456	Sweet & Sour Chicken	556	Lemongrass Beef	464	Holiday Meal		Pork Meatballs w/ Nuoc Cham	506
White Rice	50	White Rice	50	(Bò xả ớt)		Roasted Chicken Drumstick	100	Yakisoba Noodles	250
Water Spinach	59	Broccoli	6	White Rice	50	Mac & Cheese	402	Bok Choy	64
Fruit	0	Fruit	0	Broccoli	64	Collard Greens	40	Fruit	0
				Fruit	0	Wheat Roll	150		
						Chocolate Chip Cookie	80		
Cal:789 Na:720mg		Cal:768 Na:767mg		Cal:768 Na:767mg		Cal:845 g Na:907mg		Cal:790 Na:975mg	

Monday 1/20		Tuesday 1/21		Wednesday 1/22		Thursday 1/23		Friday 1/24	
<div><p>WE WILL BE <u>CLOSED</u> ON</p><p>Martin Luther</p><p>King Jr. Day</p><p><small>I HAVE A DREAM</small></p><p><i>Frozen meals delivered week of 1/13/25</i></p></div>			Na+		Na+		Na+		Na+
		Mongolian Beef	660	Com Chien Tom	655	Bun Ga Nuong	602	Pork w/ Scallion & Ginger Sauce	360
		White Rice	50	(Shrimp Fried Rice)		(Lemongrass Chicken)		White Rice	50
		Cabbage	34	White Rice	50	White Rice	50	Cabbage	34
		Fruit	0	Bok Choy	57	Bok Choy	57	Fruit	0
				Pound Cake	240	Fruit	0		
Cal:735 Na:899mg			Cal:875 Na:1157mg		Cal:890 Na:864mg		Cal:751 :599mg		

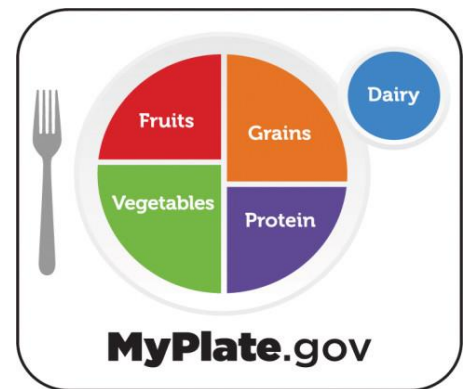
Monday 1/27		Tuesday 1/28		Tuesday 1/29		Thursday 1/30		Friday 1/31	
	Na+		Na+		Na+		Na+		Na+
Sweet & Sour Pork	285	Chicken Teriyaki	601	High Sodium Meal		Pork Lo Mein	367	Beef & Broccoli Stir Fry	434
White Rice	50	White Rice	50	Vietnamese Caramel Shrimp	902	Noodles	50	(Thit Bo Xao Cai)	
Water Spinach	59	Broccoli	6	& Pork (Tom Thit Rim)	50	Broccoli	29	White Rice	50
Fruit	0	Fruit	0	White Rice	59	Fruit	0	Bok Choy	57
				Water Spinach	190			Fruit	0
				Cinnamon Crumb Cake					
Cal:750Na:549mg		Cal:800 Na:812mg		Cal:975 Na:1356mg		Cal:800 Na:601mg		Cal:827 Na:696mg	

Ethos Meals on Wheels Menu Information

Every week, 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 and older. This includes one serving of high-quality protein daily, low-fat milk, high fiber fruits and vegetables, and a rotation of high-fiber breads. In addition, there is limited added salt in foods, which offers heart-healthy options daily.

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



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