

# Ethos Vietnamese HDM Menu-February 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.

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

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

Monday 2/3		Tuesday 2/4		Wednesday 2/5		Thursday 2/6		Friday 2/7	
	Na+		Na+		Na+		Na+		Na+
Caramel Ginger Chicken	660	Vietnamese Pork Curry	170	Beef Teriyaki	480	Pork Lo Mein	367	Pork Fried Rice	325
White Rice	50	White Rice	50	White Rice	50	Noodles	50	White Rice	50
Cabbage	34	Water Spinach	59	Cabbage	34	Broccoli	29	Bok Choy	57
Fruit	0	Fruit	0	Fig Newton	0	Fruit	0	Fruit	0
<b>Cal:900 Na:899mg</b>		<b>Cal:915 Na:434mg</b>		<b>Cal:794 Na:719mg</b>		<b>Cal:800 Na:601mg</b>			
Monday 2/10		Tuesday 2/11		Wednesday 2/12		Thursday 2/13		Friday 2/14	
	Na+		Na+		Na+	<i>Holiday Meal</i>	Na+		Na+
Teriyaki Salmon	456	Sweet & Sour Chicken	556	Lemongrass Beef (Bò xả ớt)	464	Chicken Parmesan	637	Pork Meatballs w/ Nuoc Cham	506
White Rice	50	White Rice	50	White Rice	50	Whole Grain Pasta	4	Yakisoba Noodles	250
Water Spinach	59	Broccoli	6	Bok Choy	64	Broccoli	29	Bok Choy	64
Fruit	0	Fruit	0	Fruit	0	Dinner Roll	100	Fruit	0
						Pound Cake	240		
<b>Cal:789 Na:720mg</b>		<b>Cal:768 Na:767mg</b>		<b>Cal:803 Na:713mg</b>		<b>Cal:753 Na:1145mg</b>		<b>Cal:790 Na:975mg</b>	

**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.


**HDM Reheating Instructions:**

1. Peel or slit the plastic film of your HDM tray.
2. Microwave for 2-3 minutes or place in an oven at 350F for 10 minutes.
3. Do not use toaster ovens to reheat under any circumstances!

*We recommend that you eat your meal the same day of delivery. if you do not eat your meal immediately, please refrigerate or freeze it.*

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

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Monday 2/17		Tuesday 2/18		Wednesday 2/19		Thursday 2/20		Friday 2/21	
<p><b>WE WILL BE CLOSED ON PRESIDENTS DAY</b></p>  <p><i>Frozen meals delivered week of 2/10/25.</i></p>			<b>Na+</b>		<b>Na+</b>		<b>Na+</b>		<b>Na+</b>
		Mongolian Beef	660	Turmeric & Ginger Fish	318	Bun Ga Nuong (Lemongrass Chicken)	602	Pork w/ Scallion & Ginger Sauce	360
		White Rice	50	White Rice	50	White Rice	50	White Rice	50
		Cabbage	34	Water Spinach	34	Bok Choy	57	Cabbage	34
		Fruit	0	Fruit	0	Fruit	0	Oatmeal Cookie	0
		<b>Cal:735 Na:899mg</b>		<b>Cal:702 Na:527mg</b>		<b>Cal:790 Na:864mg</b>		<b>Cal:751 Na:599mg</b>	
Monday 2/24		Tuesday 2/25		Wednesday 2/26		Thursday 2/27		Friday 2/28	
	<b>Na+</b>		<b>Na+</b>		<b>Na+</b>		<b>Na+</b>		<b>Na+</b>
Sweet & Sour Pork	285	Chicken Teriyaki	601	Vietnamese Caramel Shrimp & Pork (Tom Thit Rim)	902	Pork Lo Mein	367	Beef & Broccoli Stir Fry (Thit Bo Xao Cai)	434
White Rice	50	White Rice	50	White Rice	50	Noodles	50	White Rice	50
Water Spinach	59	Broccoli	6	Water Spinach	59	Broccoli	29	Bok Choy	57
Fruit	0	Shortbread Cookie	150	Fruit	0	Fruit	0	Fruit	0
		<b>Cal:750 Na:549mg</b>		<b>Cal:925 Na:962mg</b>		<b>Cal:918 Na:1166mg</b>		<b>Cal:800 Na:601mg</b>	



**February is American Heart Month!** - From the Desk of the Community Dietitian at Ethos

These dietary recommendations can help control blood pressure and reduce the risk for kidney disease, heart attack, stroke and vascular dementia.

- Choose foods with low or no salt
- Limit fatty foods, red meat and sugary beverages.
- Increase fruits and vegetables with meals and snacks.
- Exercise regularly, about 30 minutes daily.

This month, talk with your medical team on how you can protect your health. Remember: you don't have to make big changes all at once. Even the smallest steps go a long way!

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