

Ethos Vietnamese HDM Menu - April 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.

Monday 3/31		Tuesday 4/1		Wednesday 4/2		Thursday 4/3		Friday 4/4	
	Na+		Na+		Na+		Na+		Na+
		Vietnamese Pork Curry	170	Beef Teriyaki	480	Pork Lo Mein	367	Chicken Teriyaki Potstickers w/ Soy Drizzle	570
		White Rice	50	White Rice	50	Noodles	50	White Rice	25
		Water Spinach	59	Cabbage	34	Broccoli	29	Bok Choy	57
		Chocolate Chip Cookie	80	Fruit	0	Fruit	0	Fruit	0
		Cal:915 Na:514mg		Cal:794 Na:719mg		Cal:800 Na:601mg		Cal:670 Na:807mg	
Monday 4/7		Tuesday 4/8		Wednesday 4/9		Thursday 4/10		Friday 4/11	
	Na+		Na+		Na+		Na+		Na+
Teriyaki Salmon	456	Sweet & Sour Chicken	556	Pork Fried Rice	325	Lemongrass Beef (Bò xả ớt)	464	Pork Meatballs w/ Nuoc Cham	506
White Rice	50	White Rice	50	White Rice	50	White Rice	50	Yakisoba Noodles	250
Water Spinach	59	Broccoli	6	Cabbage	34	Bok Choy	57	Broccoli	20
Fruit	0	Fruit	0	Banana Bread	240	Fruit	0	Fruit	0
Cal:789 Na:720mg		Cal:768 Na:767mg		Cal:906 Na:804mg		Cal:853 Na:863mg		Cal:790 Na:931mg	

Need help buying groceries?
SNAP can help!



SNAP can help you buy healthy food.

- It is fast & easy to apply
- Buy food in stores & online (multiple retailers)
- SNAP is not considered in a “public charge” test
- If you are not a US citizen or eligible immigrant, it is safe for you to get SNAP for an eligible family member (like your US citizen child)

Am I Eligible for SNAP?

Household Size	Your Monthly Income (before taxes)*	Monthly Maximum SNAP Amount*
1	\$2,608	\$292
2	\$3,525	\$536
3	\$4,442	\$768
4	\$5,358	\$975
5	\$6,275	\$1,158
8+	+ \$917	+ \$220

For more information or to apply for SNAP:



Scan code with phone camera to apply online



DTAConnect.com



877-382-2363 Mon – Fri 8:15 am-4:45 pm



Mail or Fax a paper application
Get a paper application: Mass.gov/SNAP

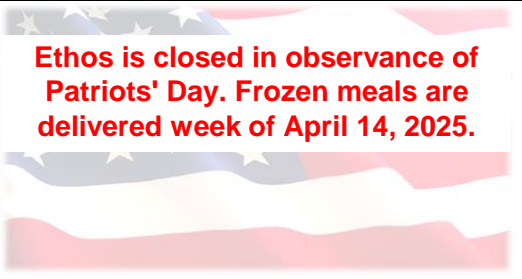


In the community: local kiosk, SNAP outreach partner, DTA office

Find a location near you: Mass.gov/ContactDTA

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

Ethos Vietnamese HDM Menu - April 2025

Monday 4/14		Tuesday 4/15		Wednesday 4/16		Thursday 4/17		Friday 4/18	
	Na+		Na+		Na+		Na+		Na+
Mongolian Beef	660	Turmeric & Ginger Fish	318	<u>Holiday Meal - High Sodium</u>		Bun Ga Nuong (Lemongrass Chicken)	602	Pork w/ Scallion & Ginger Sauce	360
White Rice	50	White Rice	50	oked Ham w/ Maple Brown Sugar Gla	588	White Rice	50	White Rice	50
Cabbage	34	Water Spinach	34	Potatoes au Gratin	360	Bok Choy	57	Cabbage	34
Fruit	0	Fruit	0	Green Beans	20	Fruit	0	Fruit	0
				Dinner Roll	100				
				Pound Cake	240				
Cal:735 Na:899mg		Cal:702 Na:527mg		Cal:741 Na:1413mg		Cal:790 Na:864mg		Cal:751 Na:599mg	
Monday 4/21		Tuesday 4/22		Wednesday 4/23		Thursday 4/24		Friday 4/25	
			Na+		Na+		Na+		Na+
		Chicken Teriyaki	601	inese Caramel Shrimp & Pork (Tom Ti	902	Pork Lo Mein	367	Beef & Broccoli Stir Fry (Thit Bo Xao Cai)	434
		White Rice	50	White Rice	50	Noodles	50	White Rice	50
		Broccoli	6	Cabbage	34	Broccoli	29	Bok Choy	57
		Fruit	0	Fruit	0	Blueberry Bread	250	Fruit	0
		Cal:925 Na:812mg		Cal:918 Na:1141mg		Cal:900 Na:851mg		Cal:740 Na:696mg	
Monday 4/28		Tuesday 4/29		Wednesday 4/30		<div>Questions about the menus or concerns with your nutrition status? Please contact the Ethos dietitian at 617-477-6606.</div>			
	Na+		Na+		Na+				
Caramel Ginger Chicken	660	Vietnamese Pork Curry	170	Beef Teriyaki	480				
White Rice	50	White Rice	50	White Rice	50				
Cabbage	34	Water Spinach	59	Bok Choy	57				
Fruit	0	Fruit	0	Fruit	0				
Cal:900 Na:899mg		Cal:915 Na:434mg		Cal:794 Na:742mg					

Jump into Spring with More Fruits and Veggies! - From the Desk of the Community Dietitian at Ethos

More fruits and veggies are blooming into season. Besides being high in fiber, their bright colors contain compounds that offer a variety of health benefits—and their own unique colors. In fact, the darker the color of fruits or veggies, the more vitamins, minerals and antioxidants they contain. So, in summary, eat the rainbow!



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