

Ethos Asian - Vietnamese Menu - May 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!

Ethos is closed for Memorial Day: Monday, May 26, 2025. Frozen meals are delivered the week of May 20, 2025.



<div><div>Announcements!</div><div>Ethos is closed for Memorial Day: Monday, May 26, 2025. Frozen meals are delivered the week of May 20, 2025.</div><div></div></div>	Thursday 5/1		Friday 5/2						
		Na+		Na+					
	Pork Lo Mein	367	Chicken Teriyaki Potstickers w/ Soy Drizzle	570					
	Noodles	50	White Rice	25					
	Broccoli	29	Bok Choy	57					
Fruit	0	Fruit	0						
	Cal:800 Na:601mg		Cal:670 Na:807mg						
Monday 5/5		Tuesday 5/6		Wednesday 5/7		Thursday 5/8		Friday 5/9	
	Na+		Na+	Mother's Day Special	Na+		Na+		Na+
Teriyaki Salmon	456	Sweet & Sour Chicken	556	Chicken in Sundried Tomato & Caper Sauce	343	Lemongrass Beef (Bò xả ớt)	464	Pork Meatballs w/ Nuoc Cham	506
White Rice	50	White Rice	50	Roasted Potatoes	85	White Rice	50	Yakisoba Noodles	250
Water Spinach	59	Broccoli	6	Broccoli	38	Bok Choy	57	Broccoli	20
Fruit	0	Fruit	0	Oatmeal Roll	260	Fruit	0	Fruit	0
				Fudge Filled Chocolate Cookie	80				
Cal:789 Na:720mg		Cal:768 Na:767mg		Cal:774 Na:941mg		Cal:853 Na:863mg		Cal:790 Na:931mg	

May is Older Americans Month

Eating a balanced diet and staying active can help prevent malnutrition. Malnutrition is when a person’s body is either undernourished or over-nourished that can lead to medical complications. When most people think malnutrition, they think undernourished people who don’t have enough calories or nutrients to survive. However, malnutrition also means people who are over-nourished in calories, but not enough in nutritious foods.

Risk Factors: Low appetite, loss of muscle or fat, not enough healthy foods, bone density loss


Signs & Symptoms: Unplanned weight loss or weight gain, decreased appetite or ability to eat food, fatigue, fluid retention

If you notice any of these signs and symptoms, please contact the Ethos Dietitian at 617-477-6606.



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

Ethos Asian - Vietnamese HDM Menu - May 2025

Monday 5/12		Tuesday 5/13		Wednesday 5/14		Thursday 5/15		Friday 5/16	
	Na+		Na+		Na+		Na+		Na+
Mongolian Beef	660	Turmeric & Ginger Fish	318	Pork Fried Rice	325	Bun Ga Nuong (Lemongrass Chicken)	602	Pork w/ Scallion & Ginger Sauce	360
White Rice	50	White Rice	50	White Rice	50	White Rice	50	White Rice	50
Cabbage	34	Water Spinach	34	Cabbage	34	Bok Choy	57	Cabbage	34
Fruit	0	Shortbread Cookie	0	Fruit	0	Fruit	0	Fruit	0
Cal:735 Na:899mg		Cal:702 Na:527mg		Cal:906 Na:804mg		Cal:790 Na:864mg		Cal:751 Na:599mg	
Monday 5/19		Tuesday 5/20		Wednesday 5/21		Thursday 5/22		Friday 5/23	
	Na+		Na+	Holiday Meal	Na+		Na+		Na+
Caramel Ginger Chicken	660	Chicken Teriyaki	601	Cheeseburger	375	Vietnamese Caramel Shrimp	902	Beef & Broccoli Stir Fry (Thit Bo Xao Cai)	434
White Rice	50	White Rice	50	w/ Lettuce & Tomato		& Pork (Tom Thit Rim)		White Rice	50
Cabbage	34	Broccoli	6	Sweet Potato Wedges	150	White Rice	50	Bok Choy	57
Fruit	0	Fruit	0	Zucchini & Peppers	20	Cabbage	34	Fruit	0
				Wheat Hamburger Bun	80	Fruit	0		
				Pound Cake	240				
Cal:900 Na:899mg		Cal:925 Na:812mg		Cal:940 Na:1085mg		Cal:918 Na:1141mg		Cal:740 Na:696mg	
Monday 5/26		Tuesday 5/27		Wednesday 5/28		Thursday 5/29		Friday 5/30	
<div>CLOSED FOR MEMORIAL DAY</div> <div></div> <div>Frozen meals are delivered week of May 20, 2025</div>			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	Bok Choy	57	Broccoli	29	Bok Choy	57
		Chocolate Chip Cookie	80	Fruit	0	Fig Newton	180	Fruit	0
		Cal:815 Na:514mg		Cal:794 Na:742mg		Cal:850 Na:781mg		Cal:670 Na:807mg	

BOSTON FOOD RESOURCES

Fair Foods Sites

Fair Foods sites offer bags of fresh produce for only \$2. Visit [www.bit.ly/fairfoods20](http://www.bit.ly/fairfoods20)



Food Pantries

Food pantries provide groceries to those in need, regardless of immigration status. Visit [www.gbfb.org/need-food](http://www.gbfb.org/need-food)



Apply for SNAP

SNAP can help you or your family afford food. Call Project Bread at 1-800-645-8333



Shop at Double Up Stores

Shop with SNAP to get 50% off your fresh fruits and vegetables. Save up to \$10 each day. Visit [www.boston.gov/doubleup](http://www.boston.gov/doubleup)



Use HIP at Farmers' Markets

Save when you shop with your EBT card at participating HIP farm vendors. For more information visit [www.boston.gov/healthy-incentives](http://www.boston.gov/healthy-incentives)



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