## **Ethos Vietnamese HDM Menu- June 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 RSVP, please see your site coordinator.

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

Monday 6/2		Tuesday 6/3	Wednesday 6/4		Thursday 6/5		Friday 6/6			
	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	25	
Water Spinach	59	Broccoli	6	Cabbage	34	Bok Choy	57	Broccoli	20	
Fruit	0	Chocolate Chip Cookie	90	Fruit	0	Fruit	0	Fruit	0	
Cal:789 Na:720mg	720	Cal:768 Na:857mg	857	Cal:806 Na:564mg	564	Cal:853 Na:706mg	706	Cal:790 Na:931mg	931	
Monday 6/9		Tuesday 6/10		Wednesday 6/11		Thursday 6/12		Friday 6/13		
	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	Fruit	0	Blueberry Bread	250	Fruit	0	Fruit	0	
Cal:735 Na:899mg	899	Cal:702 Na:527mg	527	Cal:906 Na:814mg	814	Cal:790 Na:864mg	864	Cal:751 Na:599mg	599	
	<u> </u>			ANNOUNCEMENTS						



## **ANNOUCEMENTS ON ETHOS HOLIDAY CLOSURES**

**Thursday, June 19, 2025, Ethos is closed for the Juneteenth Holiday.** Frozen meals are delivered on June 16, 2025.

Friday, July 4, 2025, Ethos is closed for the Independence Day Holiday. Frozen meals are delivered on June 30, 2025.



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

		Etho	s Viet	namese HDM Men	u- Jun	ne 2025			
Monday 6/16		Tuesday 6/17		Wednesday 6/18		Thursday 6/19		Friday 6/20	
	Na+	Holiday Meal			Na+	THE RESERVE OF THE PARTY OF THE	500 mg		Na-
Caramel Ginger Chicken	660	Crispy Chicken	185	Vietnamese Caramel Shrimp	902	JUNETEENTH	1027	Beef & Broccoli Stir Fry	434
White Rice	50	Black Eyed Peas	141	& Pork (Tom Thit Rim)	_	The same of the sa	- EN	(Thit Bo Xao Cai)	
Cabbage	34	Collards, Corn & Peppers	40	White Rice	50	Celebrate Freedor	$\mathbf{n}$	White Rice	50
Fruit	0	Cornbread Loaf	180	Cabbage	34 🏂	IUNE 19th	The state of	Bok Choy	57
		Banana Bread	240	Shortbread Cookie	150		24	Fruit	0
						Ethos is closed. Frozen meals de	livered		
Cal:900 Na:899mg	899	Cal:815 Na:514mg	514	Cal:794 Na:742mg	742	week of June 9, 2025		Cal:670 Na:807mg	807
Monday 6/23		Tuesday 6/24		Wednesday 6/25		Thursday 6/26		Friday 6/27	
	Na+		Na+		Na+		Na+		Na+
Chicken Teriyaki	601	Vietnamese Pork Curry	170	Beef Teriyaki	480	Pork Lo Mein	367	Chicken Teriyaki Potstickers	570
White Rice	50	White Rice	50	White Rice	50	Noodles	50	w/ Soy Drizzle	
Broccoli	6	Water Spinach	59	Bok Choy	57	Broccoli	29	White Rice	25
Fruit	0	Chocolate Chip Cookie	80	Fruit	0	Fig Newton	180	Bok Choy	57
								Fruit	0
	$\longrightarrow$	Cal-O1F No.F14ma	F14	Col.704 No.742ma	742	Califfo No.791ma	781	Cal:670 Na:807mg	807
Cal:925 Na:812mg	812	Cal:815 Na:514mg	514	Cal:794 Na:742mg	742	Cal:850 Na:781mg	/01	Cal.070 Na.007111g	807

This month, you will receive our annual Home Delivered Meals survey delivered by HDM driver. Your input is valuable to our program, so we are requesting clients to complete the survey by Friday, July 13, 2025. All answers are anonymous and confidential. When finished, you can either return your survey to your HDM driver or mail the survey to Ethos at 555 Amory Street, Jamaica Plain, MA 02130. Thank you!



## **Time to Recharge Our Vitamin D Stores!**

456

59

0

720

Teriyaki Salmon

White Rice

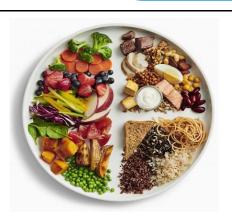
Water Spinach

Fruit

Cal:789 Na:720mg

As we age, we need more vitamin D to protect healthy bones and muscle function. The recommended dietary amount is 600-800 IU daily for older adults. Ways to get more vitamin D are to:

- Drink fortified beverages milk, soymilk, orange juice
- Eat foods such as breakfast cereals, salmon, sardines, eggs and mushrooms
- Sit in direct sunlight about 15 to 30 minutes daily.
- Dietary supplement under the supervision of your medical provider



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