

**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.**

Tuesday 6/3	Wednesday 6/4	Thursday 6/5
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	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	Chocolate Chip Cookie	90	Fruit	0	Fruit	0	Fruit	0
<b>Cal:789 Na:720mg</b>	<b>720</b>	<b>Cal:768 Na:857mg</b>	<b>857</b>	<b>Cal:806 Na:564mg</b>	<b>564</b>	<b>Cal:853 Na:706mg</b>	<b>706</b>	<b>Cal:790 Na:931mg</b>	<b>931</b>

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

ANNOUNCEMENTS									
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**ANNOUNCEMENTS 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.



**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**

Ethos Vietnamese HDM Menu- June 2025

Monday 6/16		Tuesday 6/17		Wednesday 6/18		Thursday 6/19		Friday 6/20	
	Na+		Holiday Meal		Na+	<div><div>JUNETEENTH</div><div>Celebrate Freedom</div><div>JUNE 19th</div><div>Ethos is closed. Frozen meals delivered week of June 9, 2025</div></div>			Na+
Caramel Ginger Chicken	660		Crispy Chicken	185	Vietnamese Caramel Shrimp & Pork (Tom Thit Rim)	902		Beef & Broccoli Stir Fry (Thit Bo Xao Cai)	434
White Rice	50		Black Eyed Peas	141	White Rice	50		White Rice	50
Cabbage	34		Collards, Corn & Peppers	40	Cabbage	34		Bok Choy	57
Fruit	0		Cornbread Loaf	180	Shortbread Cookie	150		Fruit	0
			Banana Bread	240					
Cal:900 Na:899mg	899	Cal:815 Na:514mg	514	Cal:794 Na:742mg	742			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 w/ Soy Drizzle	570
White Rice	50	White Rice	50	White Rice	50	Noodles	50	White Rice	25
Broccoli	6	Water Spinach	59	Bok Choy	57	Broccoli	29	Bok Choy	57
Fruit	0	Chocolate Chip Cookie	80	Fruit	0	Fig Newton	180	Fruit	0
Cal:925 Na:812mg	812	Cal:815 Na:514mg	514	Cal:794 Na:742mg	742	Cal:850 Na:781mg	781	Cal:670 Na:807mg	807

Monday 6/30

Na+

Teriyaki Salmon

456

White Rice

50

Water Spinach

59

Fruit


0

Cal:789 Na:720mg

720

Ethos Nutrition Annual Survey – Due Friday, July 11, 2025!

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!

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.

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