

Ethos Asian-Vietnamese Menu - August 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.

Massachusetts Senior Farmer's Market Produce Distribution



This month, you will receive a bag of fresh, local produce delivered to you via your HDM Driver.

Your Home Delivered Meals Driver will bring you a "Massachusetts Senior Farmers' Market Nutrition - Receipt of Produce" form to sign. Please complete it, and return with your Home Delivered Meals Driver upon receipt of your fresh produce bag. For more information, call 617-477-6606.

Friday 8/1

	Na+
Pork Meatballs w/ Nuoc Cham	506
Yakisoba Noodles	250
Broccoli	38
Banana Bread	240

Cal:890 Na:1189mg

Monday 8/4		Tuesday 8/5		Wednesday 8/6		Thursday 8/7		Friday 8/8	
	Na+		Na+		Na+		Na+		Na+
Mongolian Beef	660	Turmeric & Ginger Fish	318	Pork Fried Rice	325	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	Broccoli	38
Fruit	0	Fruit	0	Fruit	0	Chocolate Chip Cookie	80	Fruit	0
Cal:735 Na:899mg		Cal:702 Na:527mg		Cal:916 Na:564mg		Cal:790 Na:944mg		Cal:751 Na:603mg	

Ethos Nutrition Annual Survey Due



Last month, you should have received our annual meals survey from your site coordinator. If you haven't already, please complete the survey no later than **August 16, 2025**. All answers are anonymous and confidential. When finished, you can either return your survey to your site coordinator or mail the survey to Ethos at 555 Amory Street, Jamaica Plain, MA 02130. Thank you!

WE WILL BE CLOSED ON
LABOR DAY



Ethos will be closed on Monday, September 1, 2025 for the Labor Day Holiday.

If you usually receive a meal on Mondays, you will receive a replacement frozen meal the week of August 25, 2025.

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

Ethos Asian-Vietnamese Menu - August 2025

Monday 8/11		Tuesday 8/12		Wednesday 8/13		Thursday 8/14		Friday 8/15	
	Na+		Na+		Na+		Na+		Na+
Chicken Teriyaki	601	Vietnamese Caramel Shrimp	602	General Tso's Chicken	460	Pork Fried Rice	325	Beef & Broccoli Stir Fry	434
White Rice	50	& Pork	50	White Rice	50	White Rice	50	White Rice	50
Broccoli	38	White Rice	34	Broccoli	38	Cabbage	34	Bok Choy	57
Fruit	0	Water Spinach	240	Fruit	0	Fruit	0	Fruit	0
		Pound Cake							
Cal:925 Na:844mg		Cal:818 Na:1081mg		Cal:725 Na:703mg		Cal:806 Na:564mg		Cal:740 Na:696mg	
Monday 8/18		Tuesday 8/19		Wednesday 8/20		Thursday 8/21		Friday 8/22	
	Na+		Na+		Na+		Na+		Na+
Caramel Ginger Chicken	660	Vietnamese Pork Curry	170	Green Curry White Fish	480	Pork Lo Mein	367	Chicken Teriyaki Potstickers	570
White Rice	50	White Rice	50	White Rice	50	Noodles	50	w/ Soy Drizzle	25
Cabbage	34	Water Spinach	59	Cabbage	57	Broccoli	29	White Rice	57
Fruit	0	Fruit	0	Blueberry Bread	250	Fruit	0	Bok Choy	0
								Fruit	
Cal:900 Na:899mg		Cal:815 Na:434mg		Cal:815 Na:992mg		Cal:850 Na:601mg		Cal:770 Na:807mg	
Monday 8/25		Tuesday 8/26		Wednesday 8/27		Thursday 8/28		Friday 8/29	
	Na+		Na+	Holiday Meal - Labor Day	Na+		Na+		Na+
Teriyaki Salmon	456	Sweet & Sour Chicken	556	Cheeseburger	370	Lemongrass Beef	464	Pork Meatballs w/ Nuoc Cham	506
White Rice	50	White Rice	50	Sweet Potato Wedges	150	White Rice	50	Yakisoba Noodles	250
Water Spinach	59	Cabbage	6	Broccoli	38	Bok Choy	57	Broccoli	38
Fruit	0	Fruit	0	Wheat Hamburger Bun	80	Fruit	0	Fruit	0
				Peach Crisp	34				
				Ketchup	85				
Cal:789 Na:720mg		Cal:768 Na:767mg		Cal:978 Na:892mg		Cal:803 Na:706mg		Cal:790 Na:949mg	

Don't Forget Your Fruits and Veggies!

- From the Desk of the Ethos Dietitian

Summer is fantastic when it comes to local produce. All across Massachusetts, farmers and mobile markets are delivering home-grown produce like salad fixings, snap peas, blueberries, watermelon -- and more! Eating local when possible is not only good for overall health, but also for the community and economy. Here are some healthy recipes that taste like summer:

- Fruit-Infused Water: Add 1-2 clean pieces of fruit and a sprig of mint in a glass. Top with iced water.
- Open-Faced Sandwich: Pick a protein (cooked chicken, hummus, tuna) and layer with lettuce and avocado on wheat bread.
- Caprese Salad: Slice mozzarella cheese and fresh tomato. Toss with basil, balsamic vinegar and oil.

Questions about menus or concerns with your nutrition status? Call the Ethos Nutrition Department at 617-477-6606.

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