

Ethos HDM Vietnamese Menu- February 2026



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.

To cancel a meal, please call 617-477-6606 by 9AM the previous day.

Monday 2/2

Tuesday 2/3

Wednesday 2/4

Thursday 2/5

Friday 2/6

Na+

Na+

Na+

Na+

Na+

Caramel Ginger Chicken

460

Teriyaki Beef

460

Green Curry White Fish

155

Pork Lo Mein

450

Chicken Teriyaki Potstickers

-

White Rice

50

White Rice

50

White Rice

50

Noodles

250

W/ Soy Drizzle

570

Cabbage

37

Water Spinach

40

Water Spinach

40

Broccoli

38

White Rice

50

Fruit

0

Fruit

0

Fig Newton

180

Fruit

0

Bok Choy

57

0

Cal:831 Na:682mg

Cal:925 Na:685mg

Cal:848 Na:560mg

Cal:820 Na:873mg

Cal:700 Na:812mg

Monday 2/9

Tuesday 2/10

Wednesday 2/11

Thursday 2/12

Friday 2/13

Na+

Na+

Na+

Na+

Na+

Teriyaki Salmon

456

Sweet & Sour Chicken

448

Lemongrass Beef (Bò xả ớt)

464

Pot Roast w/ Gravy

590

Pork Meatballs w/ Nuoc Cham

240

White Rice

50

White Rice

50

White Rice

50

Baked Sweet Potatoes

21

Yakisoba Noodles

250

Water Spinach

40

Cabbage

37

Bok Choy

64

Vegetable Medley

50

Broccoli

38

Fruit

0

Fruit

0

Fruit

0

Chocolate Chip Blondie

190

Fruit

0

Cal:766 Na:681mg

Cal:873 Na:670mg

Cal:803 Na:713mg

Cal:770 Na:1136mg

Cal:778 Na:663mg

ANNOUNCEMENTS

Snow Emergencies: If you are concerned that Ethos is closed due to bad weather, please call the main number at 617-522-6700. Ethos' closing announcement is also listed on local television stations Channel 5 and Channel 7.

HDM Hot Meal Reheating Instructions:

1. Peel or slit the plastic film of your HDM tray.
2. Microwave for 2-3 minutes or place meal on a cookie sheet to heat in oven at 350F for 10 minutes.
3. Do not use toaster ovens to reheat under any circumstances!

We recommend that you eat your meal the same day of delivery. If you do not eat your meal immediately, please refrigerate or freeze it.

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

Ethos HDM Vietnamese Menu- February 2026

Monday 2/16	Tuesday 2/17	Wednesday 2/18		Thursday 2/19		Friday 2/20	
WE WILL BE CLOSED ON PRESIDENTS DAY ————— ★ ★ ★ ★ ————— 	Mongolian Beef White Rice Cabbage Fruit	Na+ 430 50 37 0	Ash Wednesday Pork Fried Rice White Rice Cabbage Pound Cake	Na+ 355 50 37 240	Turmeric & Ginger Fish White Rice Water Spinach Fruit	Na+ 220 50 40 0	Pork w/ Scallion & Ginger Sauce White Rice Broccoli Fruit
Frozen meals delivered week of 2/9/26	Cal:810 Na:652mg	Cal:973 Na:817mg	Cal:730 Na:445mg	Cal:807 Na:555mg			

Monday 2/23	Tuesday 2/24	Wednesday 2/25		Thursday 2/26		Friday 2/27	
Chicken Teriyaki White Rice Broccoli Fruit	Na+ 630 50 38 0	Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) White Rice Water Spinach Fruit	Na+ - 647 50 40 0	Pork & Vegetable Egg Roll White Rice Broccoli Fruit	Na+ 530 50 38 0	Chinese BBQ Pork White Rice Cabbage Fruit	Na+ 377 50 37 0
Cal:696 Na:853mg	Cal:878 Na:872mg	Cal:740 Na:753mg	Cal:855 Na:599mg	Cal:856 Na:734mg			



February is American Heart Month! - From the Desk of the Community Dietitian at Ethos

These dietary recommendations can help control blood pressure and reduce the risk for kidney disease, heart attack, stroke and vascular dementia.

- Choose foods with low or no salt
- Limit fatty foods, red meat and sugary beverages.
- Increase fruits and vegetables with meals and snacks.
- Exercise regularly, about 30 minutes daily or choose a movement that works best for you (i.e. chair exercises).

Visit the [American Heart Association](#) or the [National Heart, Lung, and Blood Institute](#) websites to find community events, educational resources, and publications.

Residential Exemption in Massachusetts

-The residential exemption reduces your tax bill by excluding a portion of your residential property's value from taxation. This fiscal year, the residential exemption saved qualified Boston homeowners up to \$4,353.74 on their tax bill.
-For Fiscal year 2026, you have until April 1, 2026 to file an application.
-call Taxpayer Referral and Assistance Center at 617-635-4287 to see if you're eligible or to request an application

Senior Circuit Breaker Tax Credit

-The Massachusetts "Circuit Breaker" tax credit provides tax relief for low to moderate income older adults age 65+.
-Available to renters & homeowners based on certain eligibility requirements
-Contact the MA Department of Revenue for more info by calling 617-887-6367 or visit mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit

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