

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.

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.

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
								Fruit	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+	Holiday Meal	Na+	Happy Valentine's Day	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.

**Alternative Food Resources:** Here are some additional food resources for the colder months.  
-Call or text Project Bread's Hotline at 1-800-645-8333. Regular hours are Mon-Fri 8a-7p and Sat 10a-2p  
-To see if you qualify for SNAP benefits, call 617-598-5022 or email SNAP@GBFB.org  
-Call 2-1-1 to get connected to MA food security, transportation, and behavioral health resources.


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	
<div>WE WILL BE <u>CLOSED</u> ON</div> <div>PRESIDENTS DAY</div> <div></div>			Na+	Ash Wednesday	Na+		Na+	Lent	Na+
		Mongolian Beef	430	Pork Fried Rice	355	Turmeric & Ginger Fish	220	Pork w/ Scallion & Ginger Sauce	332
		White Rice	50	White Rice	50	White Rice	50	White Rice	50
		Cabbage	37	Cabbage	37	Water Spinach	40	Broccoli	38
		Fruit	0	Pound Cake	240	Fruit	0	Fruit	0
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	
	Na+		Na+		Na+		Na+	Lent	Na+
Chicken Teriyaki	630	Vietnamese Caramel Shrimp & Pork	-	Pork & Vegetable Egg Roll	530	Chinese BBQ Pork	377	Beef & Broccoli Stir Fry	-
White Rice	50	(Tom Thit Rim)	647	White Rice	50	White Rice	50	(Thit Bo Xao Cai)	395
Broccoli	38	White Rice	50	Broccoli	38	Cabbage	37	White Rice	50
Fruit	0	Water Spinach	40	Fruit	0	Fruit	0	Bok Choy	64
		Fruit	0					Oatmeal Cookie	90
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](https://mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit)