

Ethos HDM Vietnamese Menu-March 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 3/2		Tuesday 3/3		Wednesday 3/4		Thursday 3/5		Friday 3/6	
	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	Soy Drizzle	570
Cabbage	37	Water Spinach	40	Water Spinach	40	Broccoli	38	White Rice	50
Apple	1	Orange	0	Banana	1	Shortbread Cookie	150	Bok Choy	57
Cal:870 Na:683mg		Cal:897 Na:685mg		Cal:777 Na:381mg		Cal:873 Na:1023mg		Cal:715 Na:813mg	
Monday 3/9		Tuesday 3/10		Wednesday 3/11		Thursday 3/12		Friday 3/13	
	Na+		Na+		Na+		Na+		Na+
Teriyaki Salmon	456	Sweet & Sour Chicken	448	Lemongrass Beef (Bò xả ớt)	464	Beef & Broccoli Stir Fry		Pork Meatballs, Nuoc Cham	240
White Rice	50	White Rice	50	White Rice	50	(Thit Bo Xao Cai)	395	Yakisoba Noodles	250
Water Spinach	40	Cabbage	37	Bok Choy	64	White Rice	50	Broccoli	38
Cinnamon Apples	3	Pear	3	Chocolate Pudding	135	Bok Choy	64	Pound Cake	240
							1		
Cal:725 Na:684mg		Cal:725 Na:673mg		Cal:730 Na:848mg		Cal:690 Na:645mg		Cal:848 Na:903mg	

ANNOUNCEMENTS



Daylight Savings: Spring is almost here! Don't forget to move your clock forward by 1 hour on Sunday, 3/8.

Weather Emergency: 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.

JP@Home is Now Neighbors Connect! Aging Well Together

-Neighbors Connect is a member-driven community for older adults who want to bring new energy into their lives. The community includes individuals in JP, Roslindale, West Roxbury, Roxbury, Hyde Park, Mission Hill, and Brookline. Together, members build friendships, enjoy a range of activities, support one another, and have fun!

To learn more about membership fees and services, please contact

JOIN TODAY!

Member Services
617-477-6934
ldroster@ethocare.org
www.ethocare.org/jphome

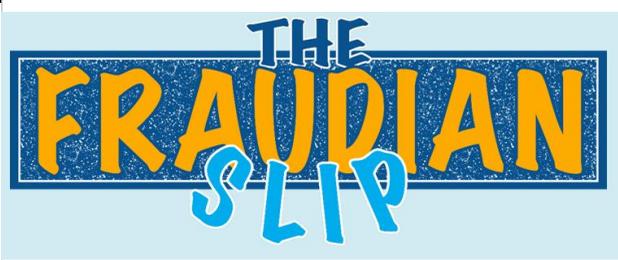
Please notify Ethos of any life threatening food allergies @ 617-477-6606

Ethos HDM Vietnamese Menu-March 2026

Monday 3/16		Tuesday 3/17		Wednesday 3/18		Thursday 3/19		Friday 3/20	
	Na+	Holiday Meal High Sodium	Na+		Na+		Na+		Na+
Mongolian Beef	430	Corned Beef & Cabbage	745	Pork Fried Rice	355	Turmeric & Ginger Fish	220	Pork, Scallion & Ginger Sauce	332
White Rice	50	Boiled Potatoes	133	White Rice	50	White Rice	50	White Rice	50
Cabbage	37	Carrots	56	Cabbage	37	Water Spinach	40	Broccoli	38
Vanilla Pudding	130	Wheat Roll	150	Orange	0	Banana	1	Pear Cup	0
Cal:770 Na:782mg		Cal:847 Na:1254mg		Cal:775 Na:577mg		Cal:690 Na:446mg		Cal:847 Na:555mg	

Monday 3/23		Tuesday 3/24		Wednesday 3/25		Thursday 3/26		Friday 3/27	
	Na+		Na+		Na+		Na+		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
Oatmeal Cookie	90	Water Spinach	40	Apple	1	Pear	2	Bok Choy	64
		Chocolate Pudding	135					Orange	0
Cal:700 Na:943mg		Cal:767 Na:1007mg		Cal:715 Na:754mg		Cal:840 Na:601mg		Cal:701 Na:644mg	

Monday 3/30		Tuesday 3/31	
	Na+		Na+
Caramel Ginger Chicken	460	Teriyaki Beef	460
White Rice	50	White Rice	50
Cabbage	37	Water Spinach	40
Cinnamon Apples	3	Vanilla Pudding	130
Cal:763 Na:685mg		Cal:675 Na:815mg	



Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse. Call 800-892-0890 or visit www.masmp.org for more information.

March is National Nutrition Month!

National Nutrition Month is a time to encourage healthy eating habits for all. For older adults, here are some nutrition tips that can help:

- Eat snacks that have a balance of protein, carbohydrates and fat (ex. tuna salad on some wheat crackers, or a half cup of low fat yogurt with fruit).
- Aim for three meals daily. Eating regularly can help maintain energy levels and overall health.
- Practice techniques to reduce your risk for foodborne illness (ex. wash hands and surfaces when touching raw meat, and before/after food prep).
- Add fruits and vegetables raw or cooked with meals and snacks. They are packed with vitamins and fiber!



Meal Cancellation Policy

In an effort to reduce food waste, Ethos requests that all HDM clients call by 9AM the day before to cancel meal deliveries. Please call 617-477-6606 for meal cancellations or further information. Thank you for supporting our effort to reduce food waste!

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