

# Ethos HDM Vietnamese Menu- April 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. Note: An asterisk indicates a high sodium item of >500mg.

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 at least 24 hours in advance.**

## ANNOUNCEMENTS



**Boston, you may be able to get your taxes done for free. Check if you are eligible: Boston.gov/Tax-Help or call Boston Tax Help Coalition at 617-635-4500.**

Individual Income Tax Returns are due by 4/15/2026

### Wednesday 4/1

	Na+
Green Curry White Fish	155
White Rice	50
Water Spinach	40
Shortbread Cookie	150

**Cal:777 Na:381mg**

### Thursday 4/2

	Na+
Pork Lo Mein	450
Noodles	250
Broccoli	38
Banana	1

**Cal:873 Na:1023mg**

### Friday 4/3

	Na+
<b>Opening Day</b>	
Hot Dog (beef)	540
Baked Beans	140
Green Beans, Red Peppers	20
Whole Wheat Hot Dog Bun	85

**Cal:883 Na:1002mg**

### Monday 4/6

	Na+
Teriyaki Salmon	456
White Rice	50
Water Spinach	40
Chocolate Pudding	135

**Cal:725 Na:684mg**

### Tuesday 4/7

	Na+
Sweet & Sour Chicken	448
White Rice	50
Cabbage	37
Orange	0

**Cal:725 Na:673mg**

### Wednesday 4/8

	Na+
Lemongrass Beef (Bò xả ớt)	464
White Rice	50
Bok Choy	64
Applesauce	2

**Cal:730 Na:848mg**

### Thursday 4/9

	Na+
Beef & Broccoli Stir Fry	395
White Rice	50
Bok Choy	64
Fig Newton	180

**Cal:690 Na:645mg**

### Friday 4/10

	Na+
Pork Meatballs with Nuoc Cham	240
Rice Noodles	250
Broccoli	38
Banana	1

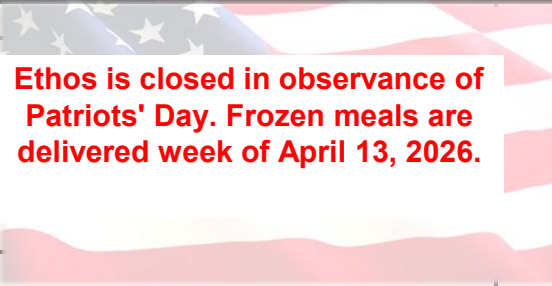
**Cal:848 Na:903mg**

## ANNOUNCEMENTS

- 1. Earth Day April, 22 2026:** Help us combat food waste! If you know you will not be home for your meal on a certain day, please contact Ethos at [617-477-6606 at least 24 hours in advance](tel:617-477-6606). Same day cancellations contribute to more waste, and Ethos is looking to minimize the amount of meals that end up in our landfills rather than with our community members. If you must cancel the same day, we ask that you do so by **9am**. We appreciate your help as we celebrate Earth Day.
- 2. Storm Packs:** Every individual who receives home delivered meals should have received a storm pack in March. These are shelf stable meals in case there is a storm and drivers cannot deliver meals. If you did not receive one, contact Ethos at 617-477-6606.
- 3. Ethos Home Delivered Meals Program:** If you know of someone who's interested in home delivered meals, please contact the Ethos Nutrition Dept at 617-477-6606. We offer a variety of menus that cater to different cuisines and dietary needs. Our menus can also be found at [www.ethocare.org](http://www.ethocare.org).

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

# Ethos HDM Vietnamese Menu- April 2026

Monday 4/13		Tuesday 4/14		Wednesday 4/15		Thursday 4/16		Friday 4/17		
	<b>Na+</b>		<b>Na+</b>	<b>Holiday Meal - High Sodium Meal</b>	<b>Na+</b>		<b>Na+</b>		<b>Na+</b>	
Mongolian Beef	430	Pork Fried Rice	355	Baked Ham		Turmeric & Ginger Fish	220	Pork with Scallion & Ginger Sauce	332	
White Rice	50	White Rice	50	Maple Brown Sugar Glaze	694	White Rice	50	White Rice	50	
Cabbage	37	Cabbage	37	Potatoes au Gratin	358	Water Spinach	40	Broccoli	38	
Pound Cake	240	Pear Fruit Cup	0	Green Beans w/ Red Peppers	20	Orange	0	Apple	2	
				Dinner Roll	100					
				Chocolate Chip Cookie	78					
<b>Cal:770 Na:782mg</b>		<b>Cal:775 Na:577mg</b>		<b>Cal:811 Na:1547mg</b>		<b>Cal:690 Na:446mg</b>		<b>Cal:847 Na:555mg</b>		
Monday 4/20		Tuesday 4/21		Wednesday 4/22		Thursday 4/23		Friday 4/24		
	<b>Na+</b>		<b>Na+</b>	<b>Earth Day</b>	<b>Na+</b>		<b>Na+</b>		<b>Na+</b>	
			Chicken Teriyaki	630	Vietnamese Caramel Shrimp & Pork (Tom Thit Rim)	647	Pork & Vegetable Egg Roll	530	Chinese BBQ Pork	377
			White Rice	50	White Rice	50	White Rice	50	White Rice	50
			Broccoli	38	White Rice	50	Broccoli	38	Cabbage	37
			Vanilla Pudding	130	Water Spinach	40	Banana	1	Fruit Cup	0
				Apple	2					
<b>Cal:715 Na:813mg</b>		<b>Cal:803 Na:713mg</b>		<b>Cal:767 Na:1007mg</b>		<b>Cal:715 Na:754mg</b>		<b>Cal:840 Na:601mg</b>		
Monday 4/27		Tuesday 4/28		Tuesday 4/29		Thursday 4/30				
	<b>Na+</b>		<b>Na+</b>		<b>Na+</b>		<b>Na+</b>		<b>Na+</b>	
Chicken Teriyaki Potstickers, Soy Drizzle	570	Lemongrass Beef (Bò xả ớt)	464	Green Curry White Fish	155	Pork Lo Mein	450			
White Rice	50	White Rice	50	White Rice	50	Noodles	250			
Bok Choy	57	Bok Choy	64	Water Spinach	40	Broccoli	38			
Lemon Square	90	Fruit	0	Banana	1	Orange	0			
<b>Cal:715 Na:813mg</b>		<b>Cal:803 Na:713mg</b>		<b>Cal:777 Na:381mg</b>		<b>Cal:873 Na:1023mg</b>				

## Jump into Spring with More Fruits and Veggies!

- From the Desk of the Community Dietitian at Ethos

More fruits and veggies are blooming into season. Besides being high in fiber, their bright colors contain compounds that offer a variety of health benefits—and their own unique colors. Some spring seasonal produce include strawberries, carrots, asparagus, and lemons. So, eat the rainbow!

As for Earth Day tips, consider using reusable bags and utensils to decrease the amount of waste at home.



Photos from USDA Spring Produce Website

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