

# Ethos HDM Vietnamese Menu - May 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!



- Ethos is closed for Memorial Day: Monday, May 25, 2026.** Frozen meals are delivered the week of May 18, 2026.
- Alzheimer's:** If you know someone with Alzheimer's and need assistance, the Alzheimer's Association has a 24/7 Helpline with over 200 languages available. Call 800-272-3900.
- Farmers Markets:** Most farmers markets accept SNAP/EBT cards. The Healthy Incentives Program (HIP) applies funds to your purchase when you use EBT cards to buy fruits and vegetables at participating vendors. Look for farmers markets with the HIP logo at their tables. Visit DTA website to find HIP vendors near you.

Friday 5/1	
	Na+
Teriyaki Beef	458
White Rice	50
Cabbage	40
Fruit	0
<b>Cal:906 Na:683mg</b>	

Monday 5/4		Tuesday 5/5		Wednesday 5/6		Thursday 5/7		Friday 5/8	
	Na+		Na+		Na+		Na+		Na+
Teriyaki Salmon	470	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	Rice Noodles	250
Water Spinach	40	Cabbage	37	Bok Choy	64	White Rice	50	Broccoli	38
Fruit	0	Fruit	0	Lemon White Chocolate Cookie	100	Bok Choy	64	Fruit	0
						Fruit	0		
<b>Cal:850 Na:695mg</b>		<b>Cal:870 Na:673mg</b>		<b>Cal:885 Na:813mg</b>		<b>Cal:844 Na:644mg</b>		<b>Cal:778 Na:663mg</b>	



### Food Safety

-As the warm weather comes around, it is important to consider food safety. Hot home delivered meals are intended for immediate consumption. If you are not able to eat it at delivery, please place in the fridge immediately.

### Ethos Annual Prom

-Ethos Annual Senior Prom will be held Thursday, May 21, 2026 at the Irish Social Club in West Roxbury.  
-Check the Ethos website for more information: [www.ethocare.org](http://www.ethocare.org)



### Pride Month - June

-Ethos Pride Initiative Program is dedicated to supporting LGBTQ+ elders in the Greater Boston area. Please contact Mackenzie Valencia at 617-477-6937 for more information.

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

## Ethos HDM Vietnamese Menu - May 2026

Monday 5/11		Tuesday 5/12		Wednesday 5/13		Thursday 5/14		Friday 5/15	
	Na+		Na+		Na+		Na+		Na+
Mongolian Beef	430	Pork Fried Rice	355	Chicken Teriyaki Potstickers, Soy Drizzle	570	Turmeric & Ginger Fish	220	Pork, Scallion & Ginger Sauce	332
White Rice	50	White Rice	50	White Rice	50	White Rice	50	White Rice	50
Cabbage	37	Cabbage	37	Bok Choy	64	Water Spinach	40	Broccoli	38
Fig Newton	180	Fruit	0	Fruit	0	Shortbread Cookie	150	Fruit	0
<b>Cal:930 Na:832mg</b>		<b>Cal:884 Na:577mg</b>		<b>Cal:710 Na:819mg</b>		<b>Cal:783 Na:595mg</b>		<b>Cal:782 Na:555mg</b>	
Monday 5/18		Tuesday 5/19		Wednesday 5/20		Thursday 5/21		Friday 5/22	
	Na+		Na+		Na+		Na+		Na+
Caramel Ginger Chicken	460	Chicken Teriyaki	630	Vietnamese Caramel Shrimp & Pork		Pork & Vegetable Egg Roll	530	Chinese BBQ Pork	377
White Rice	50	White Rice	50	Tom Thit Rim	647	White Rice	50	White Rice	50
Cabbage	37	Broccoli	38	White Rice	50	Broccoli	38	Cabbage	37
Fruit	0	Oatmeal Cookie	90	Water Spinach	40	Fruit	0	Fruit	0
				Pound Cake	240				
<b>Cal:869 Na:682mg</b>		<b>Cal:728 Na:943mg</b>		<b>Cal:933 Na:1112mg</b>		<b>Cal:760 Na:753mg</b>		<b>Cal:907 Na:599mg</b>	
Monday 5/25		Tuesday 5/26		Wednesday 5/27		Thursday 5/28		Friday 5/29	
	Na+		Na+		Na+		Na+		Na+
<p><b>CLOSED FOR</b></p> <p><b>MEMORIAL DAY</b></p>  <p><b>Frozen meals are delivered week of</b></p> <p><b>May 18, 2026</b></p>		Lemongrass Chicken	437	Green Curry White Fish	155	Pork Lo Mein	450	Teriyaki Beef	458
		White Rice	50	White Rice	50	Noodles	250	White Rice	50
		Bok Choy	64	Water Spinach	40	Broccoli	38	Cabbage	40
		Fruit	0	Fruit	0	Chocolate Chip Cookie	80	Fruit	0
		Margarine	30	Margarine	30	Margarine	30	Margarine	30
<b>Cal:813 Na:686mg</b>		<b>Cal:753 Na:380mg</b>		<b>Cal:876 Na:953mg</b>		<b>Cal:876 Na:953mg</b>		<b>Cal:906 Na:683mg</b>	

### May is Older Americans Month - *From the Desk of the Community Dietitian, Aoife Gilvarry, at Ethos*

This year's theme for Older Americans Month is "Champion Your Health". The theme focuses on prevention, wellness, and personal responsibility as foundations of healthy aging. For example, eating a balanced diet and staying active can help prevent malnutrition.

"Champion Your Health" encourages taking an active role in managing your own health and accessing preventative care. Engaging in community programs that promote well-being are a great way to execute this. Please visit your local Ethos cafe for events, programming, and opportunities to meet others. For more information, please contact the Ethos cafe department at



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