

Ethos HDM Vietnamese Menu-June 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.

Monday 6/1		Tuesday 6/2		Wednesday 6/3		Thursday 6/4		Friday 6/5	
	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	Shortbread Cookie	150	Fruit	0	Bok Choy	64	Fruit	0
						Fruit	0		
Cal:850 Na:695mg		Cal:908 Na:820mg		Cal:785 Na:713mg		Cal:844 Na:644mg		Cal:778 Na:663mg	
Monday 6/8		Tuesday 6/9		Wednesday 6/10		Thursday 6/11		Friday 6/12	
	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
Fruit	0	Fruit	0	Fruit	0	Fig Newton	180	Fruit	0
Cal:811 Na:652mg		Cal:884 Na:577mg		Cal:710 Na:819mg		Cal:843 Na:625mg		Cal:782 Na:555mg	

Announcements


1. **Ethos Nutrition Annual Survey** – In June, you will receive our annual Home Delivered Meals Satisfaction Survey delivered by your HDM driver. Your input is valuable to our program, and all answers are anonymous and confidential. When finished, you can either return your survey to your HDM driver or mail it to Ethos at 555 Amory Street, Jamaica Plain, MA 02130. Thank you!
2. **Food Safety**-As the warm weather returns, it is important to consider food safety. Home delivered meals are intended for immediate consumption. If you are not able to eat it at delivery, please place in the fridge immediately. Also, be mindful of drinking fluids throughout the day to decrease risk of dehydration.
3. **Friday, June 19, 2026** - Ethos is closed for the Juneteenth Holiday. Frozen meals are delivered week of June 15, 2026.
4. **Sunday, June 21, 2026** - Summer Begins and Happy Father's Day!

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

Ethos HDM Vietnamese Menu-June 2026

Monday 6/15		Tuesday 6/16		Wednesday 6/17		Thursday 6/18		Friday 6/19	
	Na+		Na+	Holiday Meal	Na+		Na+	<div style="background-color: red; color: white; padding: 5px; text-align: center; font-weight: bold; font-size: 1.2em;">JUNETEENTH</div> <div style="background-color: black; color: gold; padding: 5px; text-align: center; font-weight: bold; font-size: 1.2em;">Celebrate Freedom</div> <div style="background-color: green; color: white; padding: 5px; text-align: center; font-weight: bold; font-size: 1.2em;">JUNE 19th</div>	
Caramel Ginger Chicken	460	Vietnamese Caramel Shrimp & Pork		Homemade Crispy Chicken	186	Pork & Vegetable Egg Roll	530	<div style="background-color: black; color: white; padding: 5px; text-align: center; font-weight: bold;">Ethos is closed. Frozen meals delivered week of 6/15/26</div>	
White Rice	50	Tom Thit Rim	647	Black Eyed Peas	140	White Rice	50		
Cabbage	37	White Rice	50	Collards & Corn	40	Broccoli	38		
Fruit	0	Water Spinach	40	Cornbread Loaf	180	Fruit	0		
		Fruit	0	Pound Cake, Berries	241				
Cal:869 Na:682mg		Cal:878 Na:872mg		Cal:1052 Na:922mg		Cal:760 Na:753mg			

Monday 6/22		Tuesday 6/23		Wednesday 6/24		Thursday 6/25		Friday 6/26	
	Na+		Na+		Na+		Na+		Na+
Chinese BBQ Pork	377	Lemongrass Chicken	437	Green Curry White Fish	155	Pork Lo Mein	450	Teriyaki Beef	458
White Rice	50	White Rice	50	White Rice	50	Noodles	250	White Rice	50
Cabbage	37	Bok Choy	64	Water Spinach	40	Broccoli	38	Cabbage	40
Fruit	0	Blueberry Bread	250	Fruit	0	Fruit	0	Fruit	0
Cal:907 Na:599mg		Cal:995 Na:936mg		Cal:753 Na:380mg		Cal:840 Na:873mg		Cal:906 Na:683mg	

Monday 6/29		Tuesday 6/30		Happy July 4th!					
	Na+		Na+	-Friday, July 3, 2026 -Ethos is closed for the Independence Day Holiday. Frozen meals will be delivered week of June 29,2026. -To cancel a meal, please call 617-477-6606 at least 24 hours in advance to prevent food waste.					
Teriyaki Salmon	470	Sweet & Sour Chicken	448						
White Rice	50	White Rice	50						
Water Spinach	40	Cabbage	37						
Lemon Square	90	Fruit	0						
Cal:901 Na:785mg		Cal:870 Na:673mg							

Vitamin D!

- From the Desk of the Ethos Dietitian, Aoife Gilvarry

As we age, we need more vitamin D to protect healthy bones and muscle function. Vitamin D has an important function to help the body absorb calcium. The recommended dietary amount is 600-800 IU daily for older adults. Ways to get more vitamin D are to:

- Drink fortified beverages - milk, soymilk, orange juice
- Eat foods such as fortified cereals, salmon, sardines, eggs and mushrooms
- Be in direct sunlight. Check in with your medical provider about length of time.
- Take a dietary supplement - under the supervision of your medical provider



Happy Pride Month!

-Ethos is marching in the 2026 Boston Pride for the People Parade! If you are interested in joining Ethos in the parade, please reach out to Mackenzie Valencia at 617-477-6937.
 -The Annual Pride Luncheon for LGBTQ Seniors and Allies is on June 16, 2026 from 11:30a-2:30p at the Venezia Restaurant. Visit the Ethos website to register at www.ethocare.org/events/

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