

Ethos Vietnamese HDM Menu-August 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=85 mg sodium. Menus are subject to change. Note: An asterisk indicates a high sodium item of >500mg.

To cancel a meal, please call 617-477-6606 at least 24 hours in advance.

All HDM Drivers are required to see someone at delivery. No meals will be left without seeing someone at delivery.

Monday 8/3		Tuesday 8/4		Wednesday 8/5		Thursday 8/6		Friday 8/7	
	Na+		Na+		Na+		Na+		Na+
Mongolian Beef	430	Pork Fried Rice	355	Drizzle	570	Turmeric & Ginger Fish	220	Pork w/ Scallion & Ginger Sauce	332
White Rice	50	White Rice	50	White Rice	50	White Rice	50	White Rice	50
Cabbage	37	Water Spinach	40	Bok Choy	64	Water Spinach	40	Broccoli	38
Shortbread Cookie	150	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Cal:871 Na:802mg		Cal:872 Na:580mg		Cal:710 Na:819mg		Cal:750 Na:445mg		Cal:782 Na:555mg	
Monday 8/10		Tuesday 8/11		Wednesday 8/12		Thursday 8/13		Friday 8/14	
	Na+		Na+		Na+		Na+		Na+
Caramel Ginger Chicken	460	Chicken Teriyaki	633	Summer Special		Pork & Vegetable Egg Roll	530	Pork Meatballs w/ Nuoc Cham	240
White Rice	50	White Rice	50	Cheeseburger	368	White Rice	50	Rice Noodles	250
Cabbage	37	Broccoli	38	Sweet Potato Tater Tots	213	Bok Choy	64	Broccoli	38
Fruit	0	Fruit	0	Green Beans & Red Peppers	21	Fruit	0	Oatmeal Cookie	90
				Wheat Hamburger Bun	75				
				Pound Cake w/ Blueberries	240				
				Ketchup	85				
Cal:850 Na:682mg		Cal:692 Na:856mg		Cal:948 Na:1137mg		Cal:730 Na:779mg		Cal:811 Na:753mg	

ANNOUNCEMENTS

Ethos Nutrition Annual Survey: Last month, you should have received our annual meals survey from your Home Delivered Meals Driver. To all who participated in the Ethos annual meals survey - thank you! Your input is greatly appreciated.



Seniors Farmer's Market: This month, you will receive another bag of local produce delivered to you via your HDM driver. They will ask you to sign a Receipt of Produce Form.

Free Medicare Insurance Counseling: For assistance with Medicare Part D, Medicaid-MassHealth, SNAP benefits, and more, please contact Ethos Benefits Enrollment Center & SHINE at 617-477-6970.

Labor Day: Ethos will be closed on Monday, September 7, 2026, for the Labor Day Holiday.

Nutrition Trivia: True or False: The sugar in milk is called sucrose.

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

Ethos Vietnamese HDM Menu-August 2026

Monday 8/17		Tuesday 8/18		Wednesday 8/19		Thursday 8/20		Friday 8/21	
	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	Fruit	0	Fruit	0	Chocolate Chip Cookie	80	Fruit	0

Cal:894 Na:599mg		Cal:794 Na:686mg		Cal:753 Na:380mg		Cal:876 Na:953mg		Cal:918 Na:683mg	
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Monday 8/24		Tuesday 8/25		Wednesday 8/26		Thursday 8/27		Friday 8/28	
	Na+		Na+		Na+		Na+		Na+
Teriyaki Salmon	470	Sweet & Sour Chicken	448	Lemongrass Beef (Bò xả ớt)	464	Beef & Broccoli Stir Fry (Thit Bo Xao Cai)	395	Vietnamese Caramel Shrimp & Pork (Tom Thit Rim)	647
White Rice	50	White Rice	50	White Rice	50	White Rice	50	White Rice	50
Water Spinach	40	Cabbage	37	Broccoli	38	Bok Choy	64	Water Spinach	40
Fruit	0	Fruit	0	Lemon Square	90	Fruit	0	Fruit	0

Cal:808 Na:695mg		Cal:870 Na:673mg		Cal:854 Na:777mg		Cal:844 Na:644mg		Cal:825 Na:872mg	
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Monday 8/31		Summer 2026 Events: -There are multiple events held at Ethos Cafes during the summer. Please see our website at https://www.ethocare.org/events/ or call 617-477-6688. EBT Card: -The Department of Transitional Assistance (DTA) is implementing chip/tap EBT cards to help protect benefits. The new cards will be automatically mailed to active and certain closed cases. The replacement cards should arrive between July and September, and individuals will receive a notice/text about their card close to when it will be delivered.							
	Na+								
Mongolian Beef	430								
White Rice	50								
Cabbage	37								
Fruit	0								
Cal:811 Na:652mg									

Don't Forget Your Fruits and Veggies! - From the Desk of the Community Dietitian at Ethos

Summer is fantastic when it comes to local produce. All across Massachusetts, farmers and mobile markets are delivering home-grown produce like salad fixings, snap peas, blueberries, watermelon -- and more! Eating local when possible is not only good for overall health, but also for the community and economy. Here are some healthy recipes that taste like summer:

- Fruit-Infused Water: Add 1-2 clean pieces of fruit and a sprig of mint in a glass. Top with iced water.
- Open-Faced Sandwich: Pick a protein (cooked chicken, hummus, tuna) and layer with lettuce and avocado on wheat bread.
- Caprese Salad: Slice mozzarella cheese and fresh tomato. Toss with basil, balsamic vinegar and oil.



Trivia Answer:

False. The sugar in milk is called lactose. Milk is also a great source of calcium, vitamin D, phosphorus, and other vitamins/minerals.

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