

Ethos Asian-Vietnamese HDM Menu - October 2026



A suggested donation of \$2.00 is requested. Total calories and sodium, including low fat 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. If a day is labeled as **High Sodium**, there is >1200mg in the entire meal.
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.

Daylight Savings: A friendly reminder that clocks fall back on Sunday, November 1, 2026 for daylight savings.

Food Waste: Ethos kindly asks that 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. Same day cancellations contribute to more food 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. Thank you for supporting our efforts to reduce food waste!

Daylight Savings: A friendly reminder that clocks fall back on Sunday, November 1, 2026 for daylight savings.	Thursday 10/1				Na+	Friday 10/2				Na+
	Turmeric & Ginger Fish				220	Pork w/ Scallion & Ginger Sauce				332
	White Rice				50	White Rice				50
	Water Spinach				40	Broccoli				38
	Fruit				0	Fruit				0
Food Waste: Ethos kindly asks that 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. Same day cancellations contribute to more food 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. Thank you for supporting our efforts to reduce food waste!	Cal:750 Na:445mg				445	Cal:782 Na:555mg				555

Monday 10/5		Tuesday 10/6		Wednesday 10/7		Thursday 10/8		Friday 10/9		
	Na+		Na+		Na+	Holiday Meal	Na+		Na+	
Chinese BBQ Pork	377	Chicken Teriyaki*	633	Pork & Vegetable Egg Roll*	530	Chicken with Sage Cream Sauce	408	Pork Meatballs w/ Nuoc Cham	240	
White Rice	50	White Rice	50	White Rice	50	Butternut Squash Ravioli	166	Rice Noodles	250	
Cabbage	37	Broccoli	38	Bok Choy	64	Broccoli	38	Broccoli	38	
Fruit	0	Fruit	0	Shortbread Cookie	150	Wheat Roll	150	Oatmeal Cookie	90	
						Apple Crisp	50			
Cal:894 Na:599mg		599	Cal:692 Na:856mg	856	Cal:780 Na:929mg	929	Cal:898 Na:947mg	947	Cal:811 Na:753mg	753

Announcements!

- 1. Remember Voting Dates & Deadlines!** Voter registration deadline for the General State Election is Saturday, October 24, 2026. For more information, call 311 or visit www.boston.gov/election.
- 2. Storm Packages:** In the Month of November 2026, everyone will receive a storm package containing 2 shelf-stable emergency meals to be used in the event of a snow emergency this winter.
- 3. Free Healthy Rides for Boston's Older Adults:** Age Strong in partnership with Lyft and other organizations are offering free rides to medical appointments, pharmacies, community centers, social activities, support groups, and other wellness services. To book a ride, call 617-635-3000 and say "Healthy Ride". To learn more, visit www.boston.gov/healthy-rides
- 4. Water and Sewage Discounts for Older Adults:** Homeowners who are age 65+ or fully-disabled who live in a 1-4 family residential dwelling are eligible for a discount on their monthly water, sewer, and stormwater charges. Call 617-635-4366 for more information.
- 5. Nutrition Trivia:** Which vitamin is known to help maintain healthy eyesight?

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

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Monday 10/12		Tuesday 10/13		Wednesday 10/14		Thursday 10/15		Friday 10/16		
WE ARE <u>CLOSED</u> INDIGENOUS PEOPLES' DAY/COLUMBUS DAY  Ethos Closed. Frozen Meals Delivered			Na+		Na+		Na+		Na+	
		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	
		Chocolate Chip Cookie	80	Fruit	0	Fruit	0	Fruit	0	
Week of 10/5/26			Cal:850 Na:766mg	766	Cal:753 Na:380mg	380	Cal:820 Na:873mg	873	Cal:918 Na:683mg	683
Monday 10/19		Tuesday 10/20		Wednesday 10/21		Thursday 10/22		Friday 10/23		
			Na+		Na+		Na+		Na+	
Teriyaki Salmon	470	Sweet & Sour Chicken	448	Lemongrass Beef	464	Beef & Broccoli Stir Fry	395	Vietnamese Caramel Shrimp & Pork	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	
Chocolate Brownie Cookie	115	Fruit	0	Fruit	0	Fruit	0	Oatmeal Cookie	90	
Cal:921 Na:810mg		810	Cal:870 Na:670mg	670	Cal:785 Na:687mg	687	Cal:844 Na:644mg	644	Cal:858 Na:962mg	962
Monday 10/26		Tuesday 10/27		Wednesday 10/28		Thursday 10/29		Friday 10/30		
			Na+		Na+		Na+		Na+	
Mongolian Beef	430	Pork Fried Rice	355	Caramel Ginger Chicken	460	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	Cabbage	37	Water Spinach	40	Broccoli	38	
Fruit	0	Pumpkin Bread	250	Pound Cake	240	Fruit	0	Fruit	0	
Cal:811 Na:652mg		652	Cal:1061 Na:830mg	830	Cal:940 Na:922mg	922	Cal:750 Na:445mg	445	Cal:782 Na:555mg	555



The Science Behind Soup! - From the Desk of the Community Dietitian at Ethos

We are entering the fall season! You'll see more food options that contain pumpkin, winter squash, carrots, and yams. These items contain Vitamin A and pigments that benefit your vision, immune system, and skin health. They also have antioxidative properties which helps protect our cells. Enjoy some fall produce if you can this season!

Trivia Answer:

Vitamin A is known to help maintain healthy eyesight. Some food sources are carrots, sweet potatoes, red peppers, and mangos.

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