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| **April Low Lactose Menu 2025** | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Nutrition Questions? Leigh Hartwell  978-651-3023 or Lhartwell@agespan.org | **1** BBQ Meatballs  Green Beans  Corn  MG Bread  Pineapple | **2** Citrus Fennel Chicken  Rice  Broccoli  Grahams  Oat Bread | **3** Beef &  Vegetable Stew  Steamed Potatoes  MG Bread  Gelatin | **4** Eggplant Parmesan  Pasta  Capri Blend  LS WW Bread  Mandarins |
| **7** Lemon Basil  Chicken & Pasta  Roman Blend Veg  MG bread  Pineapple | **8** Breaded Fish  Corn  Brussels Sprouts  Burger Bun  Chilled Fruit | **9**  **No meals**  **Volunteer Appreciation Day** | **10** Pineapple Ham  Roasted Butternut  Warm Apples  Garden Salad  LS Wheat Bread | **11** Vegetarian Chili  Peas  WW Bread  Fresh Fruit |
| **14** Turkey & Gravy  Corn  Carrots  LS WW Bread  Applesauce | **15** Beef Burgundy  Egg Noodles  Broccoli  WW Bread  Chilled Fruit | **16 Cold**: Deli Turkey  Quinoa Salad  Marinated Beets  Gelatin  Pita Bread | **17** Breaded Chicken  Roasted Sweet Potato  Warm Berries  Garden Salad  Oat Bread | **18** Lemon Butter Fish  Rice Pilaf  Capri Veg  WW Roll  Fresh Fruit |
| **21**  **Holiday No**  **Meals Served** | **22** Breaded Fish  Roasted Potatoes  Carrots  WW Bread  Gelatin  Juice | **23** Hot Dog  Baked Beans  Cinnamon Apples  Latin Slaw  Hot Dog Roll | **24** Meatloaf & Gravy  Mashed Cauliflower  Garlic Green Beans  MG Bread  Fruit | **25** Sweet n’ SourChicken Stir Fry  Brown Rice  Pineapple  Oat Bread |
| **28** Beef & Gravy  Corn  Rice  Oat Bread  Gelatin | **29** Balsamic Chicken  Roasted Butternut  Garlic Kale  WW Roll  Chilled Fruit | **30 Cold:** Deli Turkey Spinach Salad  Three Bean Salad  LS WW Bread  Fresh Fruit | A $2.00 confidential donation is suggested per meal. Donation letters are mailed monthly.  Menu Subject to Change Without Notice. | |

**To cancel meals, call the nutrition office at 978-686-1422 at least 24 hours prior to service.**

