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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 BreadPineapple  | **2** Citrus Fennel Chicken Rice Broccoli Grahams Oat Bread | **3** Beef &Vegetable StewSteamed PotatoesMG BreadGelatin | **4** Eggplant ParmesanPasta Capri Blend LS WW Bread Mandarins  |
| **7** Lemon BasilChicken & PastaRoman Blend VegMG breadPineapple | **8** Breaded FishCorn Brussels Sprouts Burger Bun Chilled Fruit  | **9** **No meals****Volunteer Appreciation Day** | **10** Pineapple Ham Roasted ButternutWarm Apples Garden SaladLS Wheat Bread  | **11** Vegetarian ChiliPeas WW Bread Fresh Fruit  |
| **14** Turkey & GravyCornCarrots LS WW BreadApplesauce  | **15** Beef BurgundyEgg Noodles BroccoliWW Bread Chilled Fruit  | **16 Cold**: Deli TurkeyQuinoa Salad Marinated BeetsGelatin Pita Bread | **17** Breaded ChickenRoasted Sweet PotatoWarm Berries Garden SaladOat Bread | **18** Lemon Butter FishRice PilafCapri VegWW RollFresh Fruit  |
| **21** **Holiday No** **Meals Served** | **22** Breaded FishRoasted PotatoesCarrotsWW BreadGelatinJuice  | **23** Hot Dog Baked BeansCinnamon ApplesLatin Slaw Hot Dog Roll | **24** Meatloaf & GravyMashed CauliflowerGarlic Green BeansMG BreadFruit | **25** Sweet n’ SourChicken Stir FryBrown RicePineapple Oat Bread  |
| **28** Beef & GravyCornRiceOat BreadGelatin  | **29** Balsamic Chicken Roasted Butternut Garlic Kale WW Roll Chilled Fruit | **30 Cold:** Deli Turkey Spinach SaladThree Bean SaladLS 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.**

