

March 2023 Low Lactose Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>A \$2.00 confidential donation is suggested per meal. Donation letters are mailed monthly. Menu Subject to Change Without Notice</p> <p>Nutrition Questions? Contact Leigh Hartwell @ 978-651-3023 or lhartwell@agespan.org</p>		<p>1 WW Spaghetti w/Vegetable Sauce Mixed Vegetables WW Dinner Roll Mixed Fruit</p>	<p>2 Ground Turkey & Sweet Potato Chili Brussels Sprouts Oat Bread Applesauce</p>	<p>3 Salmon w/Mango & Pineapple White Rice Carrots Vienna Bread Mixed Fruit</p>
<p>6 Sesame Chicken Rice Pilaf Peas MG bread Mixed Fruit</p>	<p>7 Meatballs & Pasta w/Marinara Cauliflower Vienna Bread Mixed Fruit</p>	<p>8 Meatloaf & Gravy Corn Garden Salad Oat Bread Warm Berries</p>	<p>9 Crab Cakes Orzo Pilaf Mixed Veg WW Dinner Roll Fresh Fruit</p>	<p>10 Lentil Stew Brown Rice Capri Blend Veg Dinner Roll Lorna Doones</p>
<p>13 BBQ Pork Rib Roasted Butternut Corn Burger Bun Applesauce</p>	<p>14 Breaded Chicken w/Pico de Gallo Rice & Kidney Beans Green Beans MG Bread Peaches</p>	<p>15 Cold: Tuna Salad Pasta Salad WW Bread Juice Mixed Fruit</p>	<p>16 Special: Corned Beef w/Cabbage Carrot & Turnips Potatoes Marble Rye Mixed Fruit</p>	<p>17 Veggie Burger Potato Chips Zucchini & Summer Squash Burger Bun Mixed Fruit</p>
<p>20 Honey Garlic Chicken Broccoli White Rice MG Bread Mixed Fruit</p>	<p>21 Turkey w/Gravy Orzo Carrots Dinner Roll Mixed Fruit</p>	<p>22 Pork w/Apples Roasted Sweet Potatoes Green Beans Oat Bread Fresh Fruit</p>	<p>23 Steak w/Peppers Black Beans Spanish Rice Tortilla Mixed Fruit</p>	<p>24 Breaded Fish Ratatouille Roasted Potatoes Dinner Roll Mixed Fruit, Juice</p>
<p>27 Meatball Sub Pasta w/Marinara Green Beans Sub Roll Mixed Fruit</p>	<p>28 Yankee Pot Roast Peas Brown Rice WW Bread Mixed Fruit</p>	<p>29 Birthday: Chicken Pot Pie Corn MG Bread Grahams</p>	<p>30 Hot Dog Latin Slaw Hot Dog Roll Baked Beans Cinnamon Apples</p>	<p>31 Cod w/Garlic & Wine Lemon Couscous Capri Blend WW Dinner Roll Mixed Fruit</p>

For cancellations, please call: 978-686-1422 at least 24 hours in advance.