

		January 2026 Low Lactose Menu				Meals served with 8oz Lactaid milk daily			
Monday		Tuesday		Wednesday		Thursday		Friday	
Menu totals include entrée, sides, dessert, fruit, bread, milk & margarine (30mg) A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly.		Nutrition Questions? Call Michelle at 978-624-2263 Menus subject to change without notice.		To cancel meals please call: 978-6624-2263 AT LEAST 24 hours before service. Brought to you by the Older American Act. NO MEALS WILL BE LEFT WITHOUT SEEING SOMEONE AT DELIVERY		1 Holiday - No Meals		2 No Meals	
5		6		7		8		9	
Harvest Roasted Chicken		Salmon w/ Lemon Wedge		Pot Roast w/ Gravy		Chicken Tacos (No Cheese)		Whole Grain Pasta with Turkey Bolognese (No Cheese Garnish)	
Mashed Butternut Squash		Mashed Potatoes		Roasted Sweet Potato		Brown Rice		Carrots	
California Blend Vegetables		Garlic Kale		Green Beans		Black Beans, Corn & Peppers		Fruit	
Fruit		Fruit		Fruit		Fruit		Wheat Bread	
Wheat Roll		Wheat Roll		Wheat Roll		Wheat Tortilla Wrap (1)			
Cal:566 CHO:67g Na:446mg		Cal:661 CHO:80g Na:415mg		Cal:545 CHO:78g Na:574mg		Cal:669 CHO:90g Na:501mg		Cal:630 CHO:65g Na:477mg	
12		13		14		15		16	
Scrambled Egg (2 each)		White Fish with Pineapple & Mango Salsa		Chicken Picatta		American Chop Suey (Turkey)		Rosemary & Garlic Chicken	
Rosemary Potatoes		Brown Rice & Beans		Baked Sweet Potato		Whole Grain Pasta		Mashed Potatoes	
Mixed Vegetables		Carrots		Brussel Sprouts		Green Beans w/ Red Peppers		Broccoli	
Fruit		Fruit		Fruit		Fruit		Fruit	
Wheat Roll		Wheat Roll		Wheat Roll		Wheat Bread		Wheat Roll	
Cal:516 CHO:68g Na:693mg		Cal:670 CHO:97g Na:514mg		Cal:631 CHO:80g Na:480mg		Cal:725 CHO:88g Na:451mg		Cal:742 CHO:75g Na:695mg	
19		20		21		22		23	
Holiday - No Meals		Curried Chicken		Pork with Cranberry Apple Chutney		Stewed Tomato White Fish		White Bean & Chicken Chili (No Cheese)	
		Brown Rice		Mashed Potatoes		Couscous		California Blend Vegetables	
		Carrots		Mixed Root Vegetables (squash, carrot, turnip)		Brussel Sprouts		Fruit	
		Fruit		Fruit		Fruit		Wheat Roll	
		Wheat Roll		Wheat Roll		Wheat Roll		Lactaid Milk	
		Cal:700 CHO:95g Na:559mg		Cal:690 CHO:87g Na:482mg		Cal:647 CHO:79g Na:583mg		Cal:544 CHO:75g Na:582mg	
26		27		28		29		30	
Chicken Scampi		Honey Mustard Chicken		Turkey Meatloaf with Gravy		Lentil Bolognese		Beef Stew	
Pasta		Rice Pilaf		Mashed Potatoes		Whole Grain Pasta		Roasted Potatoes	
Green Peas		Mixed Vegetables		Carrots		Broccoli		Vegetable Medley	
Fruit		Fruit		Fruit		Fruit		Fruit	
Wheat Roll		Wheat Roll		Hawaiian Roll		Wheat Roll		Wheat Roll	
Lactaid Milk		Lactaid Milk		Lactaid Milk		Lactaid Milk		Lactaid Milk	
Cal:785 CHO:86g Na:519mg		Cal:756 CHO:97g Na:593mg		Cal:745 CHO:85g Na:603mg		Cal:552 CHO:93g Na:472mg		Cal:680 CHO:77g Na:567mg	