



February 2026 Low Lactose Menu

*Meals served with 8oz Lactaid milk daily Menu totals include entrée, sides, dessert, fruit, bread, milk & margarine (30mg)
A \$2.00 confidential donation is suggested per meal.
Donation letters mailed monthly.*

Monday		Tuesday		Wednesday		Thursday		Friday	
2	NA+ 121	3	NA+ 56	4	NA+ 245	5	NA+ 147	6	NA+ 4
Harvest Roasted Chicken		Salmon with Lemon Wedge		Pot Roast with Gravy		Chicken Tacos (No Cheese)		Whole Grain Pasta with Turkey Bolognese (No Cheese Garnish)	
Mashed Butternut Squash	3	Mashed Potatoes	23	Roasted Sweet Potato	21	Brown Rice	3	Carrots	213
California Blend Vegetables	17	Garlic Kale	31	Green Beans	3	Black Beans, Corn & Peppers	61	Fruit	40
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Wheat Bread	65
Wheat Roll	150	Wheat Roll	150	Wheat Roll	150	Wheat Tortilla Wrap (1)	135	Lactaid Milk	125
Lactaid Milk	125	Lactaid Milk	125	Lactaid Milk	125	Lactaid Milk	125		
Cal:566 CHO:67g Na:446mg	446	Cal:661 CHO:80g Na:415mg	415	Cal:545 CHO:78g Na:574mg	574	Cal:669 CHO:90g Na:501mg	501	Cal:630 CHO:65g Na:477mg	477
9	NA+ 270	10	NA+ 105	11	NA+ 144	12	NA+ 225	13	NA+ 347
Scrambled Egg (2 ea)		White Fish with Pineapple & Mango Salsa		Chicken Picatta		American Chop Suey (Turkey)		Rosemary & Garlic Chicken	
Rosemary Potatoes	85	Brown Rice & Beans	65	Baked Sweet Potato	21	Whole Grain Pasta	4	Mashed Potatoes	23
Mixed Vegetables	33	Carrots	39	Brussel Sprouts	10	Green Beans w/ Red Peppers	2	Broccoli	20
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Wheat Roll	150	Wheat Roll	150	Wheat Roll	150	Wheat Bread	65	Wheat Roll	150
Lactaid Milk	125	Lactaid Milk	125	Lactaid Milk	125	Lactaid Milk	125	Lactaid Milk	125
Cal:516 CHO:68g Na:693mg	693	Cal:670 CHO:97g Na:514mg	514	Cal:631 CHO:80g Na:480mg	480	Cal:725 CHO:88g Na:451mg	451	Cal:742 CHO:75g Na:695mg	695
16		17	NA+ 195	18	NA+ 89	19	NA+ 264	20	NA+ 260
Holiday - No Meals		Curried Chicken		Pork with Cranberry Apple Chutney		Stewed Tomato White Fish		White Bean & Chicken Chili (No Cheese)	
		Brown Rice	3	Mashed Potatoes	23	Couscous	4	California Blend Vegetables	17
		Carrots	56	Mixed Root Vegetables (squash, carrot, turnip)	65	Brussel Sprouts	10	Fruit	0
		Fruit	0	Fruit	0	Fruit	0	Wheat Roll	150
		Wheat Roll	150	Wheat Roll	150	Wheat Roll	150	Lactaid Milk	125
		Lactaid Milk	125	Lactaid Milk	125	Lactaid Milk	125	Margarine	30
		Cal:700 CHO:95g Na:559mg	559	Cal:690 CHO:87g Na:482mg	482	Cal:647 CHO:79g Na:583mg	583	Cal:544 CHO:75g Na:582mg	582
23	NA+ 190	24	NA+ 205	25	NA+ 305	26	NA+ 143	27	NA+ 140
Chicken Scampi		Honey Mustard Chicken		Turkey Meatloaf w/ Gravy		Lentil Bolognese		Beef Stew	
Pasta	4	Rice Pilaf	50	Mashed Potatoes	23	Whole Grain Pasta	4	Roasted Potatoes	85
Green Peas	20	Mixed Vegetables	33	Carrots	40	Broccoli	20	Vegetable Medley	37
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Wheat Roll	150	Wheat Roll	150	Hawaiian Roll	80	Wheat Roll	150	Wheat Roll	150
Lactaid Milk	125	Lactaid Milk	125	Lactaid Milk	125	Lactaid Milk	125	Lactaid Milk	125
Cal:785 CHO:86g Na:519mg	519	Cal:756 CHO:97g Na:593mg	593	Cal:745 CHO:85g Na:602mg	603	Cal:552 CHO:93g Na:472mg	472	Cal:680 CHO:77g Na:567mg	567

To cancel meals please call: 978-624-2263 AT LEAST 24 hours before service. Brought to you by the Older American Act. Menus subject to change without notice
Nutrition Questions? Call Michelle at 978-406-4618 NO MEALS WILL BE LEFT WITHOUT SEEING SOMEONE AT DELIVERY