



# April 2026 Low Lactose Menu

Menu totals include entrée, sides, dessert, fruit, bread, margarine (30mg) and 8oz Lactaid milk daily Nutrition Questions? Call Michelle at 978-624-2263

| Monday  |   | Tuesday   |   | Wednesday   |   | Thursday   |  | Friday   |   |
|---|---|---|---|---|---|--|--|--|---|
| <p>A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly. Menus subject to change without notice.</p>               |   | <p>To cancel meals please call: 978-624-2263 AT LEAST 24 hours before service. Brought to you by the Older American Act. NO MEALS WILL BE LEFT WITHOUT SEEING SOMEONE AT DELIVERY</p> |   | 1   | NA+   | 2  | NA+  | 3  | NA+   |
|   |   |   |   | <p>Pot Roast with Gravy 245</p> <p>Roasted Sweet Potato 21</p> <p>Green Beans 3</p> <p>Fruit 0</p> <p>Wheat Roll 150</p> <p>Lactaid Milk 125</p>                    | <p>245</p> <p>21</p> <p>3</p> <p>0</p> <p>150</p> <p>125</p>  | <p>Chicken Tacos (No Cheese) 147</p> <p>Brown Rice 3</p> <p>Black Beans, Corn &amp; Peppers 61</p> <p>Fruit 0</p> <p>Wheat Tortilla Wrap (1) 135</p> <p>Lactaid Milk 125</p> | <p>147</p> <p>3</p> <p>61</p> <p>0</p> <p>135</p> <p>125</p> | <p>Whole Grain Pasta 4</p> <p>with Turkey Bolognese (No Cheese Garnish) 213</p> <p>Carrots 40</p> <p>Fruit 0</p> <p>Wheat Bread 65</p> <p>Lactaid Milk 125</p> | <p>4</p> <p>213</p> <p>40</p> <p>0</p> <p>65</p> <p>125</p>   |
|   |   |   |   | Cal:545 CHO:78g Na:574mg  | 574   | Cal:669 CHO:90g Na:501mg   | 501  | Cal:630 CHO:65g Na:477mg   | 477   |
| 6   | NA+   | 7   | NA+   | 8   | NA+   | 9  | NA+  | 10   | NA+   |
| <p>Scrambled Egg (2 ea) 270</p> <p>Rosemary Potatoes 85</p> <p>Mixed Vegetables 33</p> <p>Fruit 0</p> <p>Wheat Roll 150</p> <p>Lactaid Milk 125</p> | <p>270</p> <p>85</p> <p>33</p> <p>0</p> <p>150</p> <p>125</p> | <p>White Fish with Pineapple &amp; Mango Salsa 105</p> <p>Brown Rice &amp; Beans 65</p> <p>Carrots 39</p> <p>Fruit 0</p> <p>Wheat Roll 150</p> <p>Lactaid Milk 125</p>                | <p>105</p> <p>65</p> <p>39</p> <p>0</p> <p>150</p> <p>125</p> | <p>Chicken Picatta 144</p> <p>Baked Sweet Potato 21</p> <p>Brussel Sprouts 10</p> <p>Fruit 0</p> <p>Wheat Roll 150</p> <p>Lactaid Milk 125</p>                      | <p>144</p> <p>21</p> <p>10</p> <p>0</p> <p>150</p> <p>125</p> | <p>American Chop Suey (Turkey) 225</p> <p>Whole Grain Pasta 4</p> <p>Green Beans &amp; Red Peppers 2</p> <p>Fruit 0</p> <p>Wheat Bread 65</p> <p>Lactaid Milk 125</p>        | <p>225</p> <p>4</p> <p>2</p> <p>0</p> <p>65</p> <p>125</p>   | <p>Rosemary &amp; Garlic Chicken 347</p> <p>Mashed Potatoes 23</p> <p>Broccoli 20</p> <p>Fruit 0</p> <p>Wheat Roll 150</p> <p>Lactaid Milk 125</p>             | <p>347</p> <p>23</p> <p>20</p> <p>0</p> <p>150</p> <p>125</p> |
| 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   |   |
| 13  | NA+   | 14  | NA+   | 15  | NA+   | 16   | NA+  | 17   | NA+   |
| <p>Braised Beef with Peppers &amp; Onions 155</p> <p>Quinoa 3</p> <p>Green Peas 20</p> <p>Fruit 0</p> <p>Wheat Roll 150</p>                         | <p>155</p> <p>3</p> <p>20</p> <p>0</p> <p>150</p>             | <p>Curried Chicken 195</p> <p>Brown Rice 3</p> <p>Carrots 56</p> <p>Fruit 0</p> <p>Wheat Roll 150</p>   | <p>195</p> <p>3</p> <p>56</p> <p>0</p> <p>150</p>             | <p>Pork with Cranberry Apple Chutney 89</p> <p>Mashed Potatoes 23</p> <p>Mixed Root Vegetables (squash, carrot, turnip) 65</p> <p>Fruit 0</p> <p>Wheat Roll 150</p> | <p>89</p> <p>23</p> <p>65</p> <p>0</p> <p>150</p>             | <p>Stewed Tomato White Fish 264</p> <p>Couscous 4</p> <p>Brussel Sprouts 10</p> <p>Fruit 0</p> <p>Wheat Roll 150</p>   | <p>264</p> <p>4</p> <p>10</p> <p>0</p> <p>150</p>            | <p>White Bean &amp; Chicken Chili (No Cheese) 260</p> <p>California Blend Vegetables 17</p> <p>Fruit 0</p> <p>Wheat Roll 150</p> <p>Lactaid Milk 125</p>       | <p>260</p> <p>17</p> <p>0</p> <p>150</p> <p>125</p>           |
| Cal:640 CHO:77g Na:483mg  |   | Cal:700 CHO:95g Na:559mg  |   | Cal:690 CHO:87g Na:482mg  |   | Cal:647 CHO:79g Na:583mg   |  | Cal:544 CHO:75g Na:582mg   |   |
| 20  | NA+   | 21  | NA+   | 22  | NA+   | 23   | NA+  | 24   | NA+   |
| <p>Holiday - No Meals 190</p> <p>4</p> <p>20</p> <p>0</p> <p>150</p>  | <p>190</p> <p>4</p> <p>20</p> <p>0</p> <p>150</p>             | <p>Honey Mustard Chicken 205</p> <p>Rice Pilaf 50</p> <p>Mixed Vegetables 33</p> <p>Fruit 0</p> <p>Wheat Roll 150</p>   | <p>205</p> <p>50</p> <p>33</p> <p>0</p> <p>150</p>            | <p>Turkey Meatloaf with Gravy 305</p> <p>Mashed Potatoes 23</p> <p>Carrots 40</p> <p>Fruit 0</p> <p>Hawaiian Roll 80</p>  | <p>305</p> <p>23</p> <p>40</p> <p>0</p> <p>80</p>             | <p>Lentil Bolognese 143</p> <p>Whole Grain Pasta 4</p> <p>Broccoli 20</p> <p>Fruit 0</p> <p>Wheat Roll 150</p>   | <p>143</p> <p>4</p> <p>20</p> <p>0</p> <p>150</p>            | <p>Beef Stew 140</p> <p>Roasted Potatoes 85</p> <p>Vegetable Medley 37</p> <p>Fruit 0</p> <p>Wheat Roll 150</p>  | <p>140</p> <p>85</p> <p>37</p> <p>0</p> <p>150</p>            |
| Cal:785 CHO:86g Na:519mg  |   | Cal:756 CHO:97g Na:593mg  |   | Cal:745 CHO:85g Na:602mg  |   | Cal:552 CHO:93g Na:472mg   |  | Cal:680 CHO:77g Na:567mg   |   |
| 27  | NA+   | 28  | NA+   | 29  | NA+   | 30   | NA+  |  |   |
| <p>Harvest Roasted Chicken 121</p> <p>Mashed Butternut Squash 3</p> <p>California Blend Vegetables 17</p> <p>Fruit 0</p> <p>Wheat Roll 150</p>      | <p>121</p> <p>3</p> <p>17</p> <p>0</p> <p>150</p>             | <p>Salmon with Lemon Wedge 56</p> <p>Mashed Potatoes 23</p> <p>Garlic Kale 31</p> <p>Fruit 0</p> <p>Wheat Roll 150</p>  | <p>56</p> <p>23</p> <p>31</p> <p>0</p> <p>150</p>             | <p>Pot Roast with Gravy 245</p> <p>Roasted Sweet Potato 21</p> <p>Green Beans 3</p> <p>Fruit 0</p> <p>Wheat Roll 150</p>  | <p>245</p> <p>21</p> <p>3</p> <p>0</p> <p>150</p>             | <p>Chicken Tacos (No Cheese) 147</p> <p>Brown Rice 3</p> <p>Black Beans, Corn &amp; Peppers 61</p> <p>Fruit 0</p> <p>Wheat Tortilla Wrap (1) 135</p>                         | <p>147</p> <p>3</p> <p>61</p> <p>0</p> <p>135</p>            |  |   |