



May 2026 Low Lactose Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday	
A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly. Menus subject to change without notice.		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				1 No Meals Volunteer Appreciation Day	
4	NA+	5	NA+	6	NA+	7	NA+	8	NA+
Scrambled Eggs	270	White Fish with Pineapple & Mango Salsa	105	Chicken Picatta	144	American Chop Suey (Turkey)	225	Rosemary & Garlic Chicken	347
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 & 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
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
11	NA+	12	NA+	13	NA+	14	NA+	15	NA+
Braised Beef with Peppers & Onions	155	Curried Chicken	195	Pork with Cranberry Apple Chutney	89	Stewed Tomato White Fish	264	White Bean & Chicken Chili	260
Quinoa	3	Brown Rice	3	Mashed Potatoes	23	Couscous	4	California Blend Vegetables	17
Green Peas	20	Carrots	56	Mixed Root Vegetables	65	Brussel Sprouts	10	Fruit	0
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Wheat Roll	150
Wheat Roll	150	Wheat Roll	150	Wheat Roll	150	Wheat Roll	150	Lactaid Milk	125
Cal:640 CHO:77g Na:483mg	483	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
18	NA+	19	NA+	20	NA+	21	NA+	22	NA+
Chicken Scampi	190	Honey Mustard Chicken	205	Turkey Meatloaf with Gravy	305	Lentil Bolognese	143	Beef Stew	140
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
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
27		28	NA+	29	NA+	30	NA+		
Holiday - No Meals		Salmon with Lemon Wedge	56	Pot Roast with Gravy	245	Chicken Tacos (No Cheese)	147	Whole Grain Pasta with Turkey Bolognese	213
		Mashed Potatoes	23	Roasted Sweet Potato	21	Brown Rice	3	Carrots	40
		Garlic Kale	31	Green Beans	3	Black Beans, Corn & Peppers	61	Fruit	0
		Fruit	0	Fruit	0	Fruit	0	Wheat Bread	65
		Wheat Roll	150	Wheat Roll	150	Wheat Tortilla Wrap (1)	135	Lactaid Milk	125
		Lactaid Milk	125	Lactaid Milk	125	Lactaid Milk	125		
		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