



June 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	
1	NA+	2	NA+	3	NA+	4	NA+	5	NA+
Scrambled Egg (2 ea)	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
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
8	NA+	9	NA+	10	NA+	11	NA+	12	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 (No Cheese)	260
Quinoa	3	Brown Rice	3	Mashed Potatoes	23	Couscous	4	California Blend Vegetables	17
Green Peas	20	Carrots	56	Mixed Root Vegetables (squash, carrot, turnip)	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
Lactaid Milk	125	Lactaid Milk	125	Lactaid Milk	125	Lactaid Milk	125	Margarine	30
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
15	NA+	16	NA+	17	NA+	18	NA+	19	
Chicken Scampi	190	Honey Mustard Chicken	205	Turkey Meatloaf with Gravy	305	Lentil Bolognese	143	Holiday - No Meals	
Pasta	4	Rice Pilaf	50	Mashed Potatoes	23	Whole Grain Pasta	4		
Green Peas	20	Mixed Vegetables	33	Carrots	40	Broccoli	20		
Fruit	0	Fruit	0	Fruit	0	Fruit	0		
Wheat Roll	150	Wheat Roll	150	Hawaiian Roll	80	Wheat Roll	150		
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		
22	NA+	23	NA+	24	NA+	25	NA+	26	NA+
Harvest Roasted Chicken	121	Salmon with Lemon Wedge	56	Pot Roast with Gravy	245	Chicken Tacos (No Cheese)	147	Whole Grain Pasta with Turkey Bolognese (No Cheese Garnish)	213
Mashed Butternut Squash	3	Mashed Potatoes	23	Roasted Sweet Potato	21	Brown Rice	3	Carrots	40
California Blend Vegetables	17	Garlic Kale	31	Green Beans	3	Black Beans, Corn & Peppers	61	Fruit	0
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
29	NA+	30	NA+	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	
Scrambled Egg (2 ea)	270	White Fish with Pineapple & Mango Salsa	105						
Rosemary Potatoes	85	Brown Rice & Beans	65						
Mixed Vegetables	33	Carrots	39						
Fruit	0	Fruit	0						