

April Low Lactose Menu 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 Turkey w/Gravy Rice Carrots LS Wheat Bread Applesauce	2 Meatballs & Pasta Cauliflower Vienna Bread Chilled Fruit	3 Steak Fajita Black Beans Spanish Rice Tortilla Fresh Fruit	4 NO MEALS AGESPAN Volunteer Appreciation Day	5 Lentil Stew Green Beans WW Dinner Roll Gelatin Juice
8 Chicken & Veg Stir Fry Brown Rice Oat Bread Pineapple	9 Opening Day Hot Dog Baked beans Cinnamon Apples Latin Slaw Hot Dog Roll	10 Birthday Beef Burgundy Egg Noodles Broccoli MG Bread Lorna Doones	11 Cold: Deli Turkey Quinoa Salad Garden Salad Gelatin Roll	12 Garlic & Ginger Cod Roasted Potatoes Green Beans WW Dinner Roll Fresh Fruit
15 No Meals Patriots Day	16 Breaded Fish Roasted Potatoes Carrots WW Bread Gelatin Juice	17 Chicken Piccata Zucchini MG bread Pineapple	18 Meatloaf w/Gravy White Rice Peas Oat Bread Fresh Fruit	19 Pork Roast w/Apples Sweet Potatoes Cauliflower Dinner Roll Grahams
22 Shepherd's Pie Oat Bread Chilled Fruit	23 Balsamic Chicken Pasta Garlic Kale WW Roll Chilled Fruit	24 Cold: Deli Turkey Garden Salad Three Bean Salad Rye Bread Fresh Fruit	25 BBQ Pulled Pork Sweet Potato Tots Cauliflower Burger Bun Applesauce	26 Salmon w/Dill Orzo Capri Blend MG Bread Lorna Doones
29 Chicken w/ Lemon Pasta Broccoli Dinner Roll Chilled Fruit	30 Turkey Casserole Green beans Dinner Roll Gelatin	Nutrition Questions? Contact Michelle Zelikman @ 978-624-2263 Menu subject to change without notice. A \$2 donation per meal is suggested. Donation letters are mailed monthly. To Cancel Meals: Please call 978-624-2263 at least 24 hours prior to service.		