

Low Lactose 4-Week Cycle Menu (Black Dot)

Nutrition Department 617-628-2601, www.eldercare.org. Suggested Voluntary Contribution \$2.00 per Meal

	Monday	Tuesday	Wednesday	Thursday	Friday	<u>Menu Schedule:</u>
Week 1	Chicken Stew Broccoli Brown Rice LS Wheat Bread Cookies 684 Calories 527 mg Sodium	Chicken Meatballs with Gravy Italian Blend Vegetables LS Wheat Bread Fresh Fruit 654 Calories 534 mg Sodium	Pot Roast & Gravy Vegetable Ratatouille Noodles Rye Bread Mandarin Oranges 701 Calories 603mg Sodium	Baked Fish with Scarpariello Sauce Butternut Squash Zucchini Red Peppers LS Wheat Bread/Juice Cinnamon Applesauce 617 Calories 448 mg Sodium	Roast Turkey & LS Gravy Sweet Potatoes Green Beans Oat Bread Gelatin 624Calories 869 mg Sodium	Jan. 4: Week 1 Jan. 11: Week 2 Jan. 18: Week 3 Jan. 25: Week 4 Feb. 1: Week 1
Week 2	Lentil Stew Green Beans Oat Bread Peaches 698 Calories 817 mg Sodium	Lemon Chicken & Peas White Rice California Mix Vegetables Multigrain Bread Mixed Fruit 617 Calories 761 mg Sodium	Potato Crunch Fish with Florentine Sauce Roasted Root Vegetables Peas LS Wheat Bread Applesauce 721 Calories 713 mg Sodium	Pot Roast & Gravy Brown Rice Fiesta Mix Vegetables Wheat Roll Diet Gelatin 622 Calories 457 mg Sodium	Chicken Vegetable Stir Fry Over White Rice Rye Bread Muffin 688 Calories 705 mg Sodium	Feb. 8: Week 2 Feb. 15: Week 3 Feb. 22: Week 4 Mar. 1: Week 1 Mar. 8: Week 2
Week 3	Turkey Marsala Roasted Root Vegetables White Rice Multigrain Bread Mixed Fruit 593 Calories 853 mg Sodium	Beef Burgundy Sweet Potato Beets LS Wheat Bread Fruited Gelatin 860 Calories 662 mg Sodium	Chicken Vegetable Sauté Roasted Potatoes Spinach Rye Bread Applesauce/Juice 628 Calories 876 mg Sodium	Chicken Meatballs & Gravy Over Noodles Zucchini & Red Peppers Scali Bread Tropical Fruit 710 Calories 619 mg Sodium	Lemon Pepper Fish Peas Tuscany Mix Vegetables Oat Bread Fresh Fruit/Juice 617 Calories 586 mg Sodium	Mar. 15: Week 3 Mar. 22: Week 4 Mar. 29: Week 1 Apr. 5: Week 2
Week 4	Meatloaf & Gravy Roasted Potatoes Spinach Dinner Roll Tropical Mix Fruit 828 Calories 560 mg Sodium	Kale and White Bean Stew White Rice Green Beans Italian Bread Gelatin 729 Calories 863 mg Sodium	Herbed Chicken & Gravy Butternut Squash Zucchini & Cauliflower LS Wheat Bread Muffin 684 Calories 866 mg Sodium	Roast Turkey/LS Gravy White Rice Fiesta Mix Vegetables Rye Bread Peaches 588 Calories 835 mg Sodium	Potato Crunch Fish Lemon Wedge Carrots & Peas Multigrain Bread Vanilla Wafers 783 Calories 892 mg Sodium	Apr. 12: Week 3 Apr. 19: Week 4 Apr. 26: Week 1 No meals on: Jan. 18, Feb. 15, April 19

Please call by noon the day before to cancel meals to help prevent food waste and costs. Menu Subject to change.

Meal Cancellation Weather Hot Line: Call 617-628-2614, ext. 6789 to see if meals are cancelled due to weather. See back for more info.

- These meals consist of lactose free ingredients.
- Sufficient calories and nutrients based on 1/3 of the Recommended Dietary Allowances for older adults. Average calories range from 700-800 per meal.
- No more than 30-35% of daily calories from fats. LF = Low Fat
- Sodium controlled, no more than 1200 mg per meal. LS = Low Sodium
- No salt is used in preparation, and low sodium ingredients are used.
- Fruits and vegetables rich in vitamin A & C are provided daily.
- 8-ounce Lactose free milk, and margarine provided.

Heating Instructions:

Reheat and enjoy meals right away or refrigerate upon delivery for later.

Do NOT use toaster oven to reheat meal

Microwave oven:

- Peel back lid or slit film to vent steam
- Re-heat in microwave 2 - 3 minutes; stir halfway for even cooking.
- Microwave oven times may vary

Conventional oven:

- Place meal on a cookie sheet and set oven at 350 degrees F for 10 minutes maximum

Re-heating FROZEN meals:

- In microwave, peel back lid or slit film to vent. Heat frozen meals in microwave for 3 - 5 minutes maximum on high. Stir halfway.
OR
- In conventional oven, place meal on cookie sheet and set oven at 350 degrees F for 30 minutes maximum

Missed Meal Policy

If you miss your meal, we will call you, your emergency contacts, doctor, and hospital to find out if you are okay. If we still cannot locate you, we will request the police department to come to your home to do a safety check.

A **Registered Dietitian** is available if you have any questions regarding your meals or special diet. Call the SCES Nutrition Department at 617-628-2601.



Purchase Ensure® Nutrition Drink Supplement by the case from SCES:

Regular Ensure® - \$29.00/24 drinks
Diabetic Ensure® (Glucerna) - \$40.00/24
Ensure Plus® - \$31.00/24 drinks (special order)

No delivery charge for Meals-on-Wheels clients. There is a \$2.50 delivery charge for all others. For more information, call SCES Age Info Dept. at 617-628-2601