



Low Lactose 4-Week Cycle Menu (Black Dot)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Menu Schedule:
Week 1	Salisbury Steak & Mushroom Gravy Noodles Italian Mix Vegetables LS Wheat Bread Fresh Fruit 846 Calories 538 mg Sodium	Chicken Caribbean Stew Spinach LS Wheat Bread Gelatin 685 Calories 606 mg Sodium	Pot Roast w/Gravy Noodles Carrots Wheat Roll Tropical Fruit 729 Calories 584 mg Sodium	Breaded Fish Filet Butternut Squash Roman Mix Vegetables Multigrain Bread Vanilla Wafers 718 Calories 626 mg Sodium	Lemon Chicken w/Peas Sweet Potatoes Broccoli LS Wheat Bread/Juice Cookies 742Calories 666 mg Sodium	May 2: Week 1 May 9: Week 2 May 16: Week 3 May 23: Week 4 May 30: Week 1
Week 2	Chicken Meatballs Brown Gravy Ziti Broccoli Wheat Roll/Peaches 692 Calories 626 mg Sodium	Aloha Chicken Rice Pilaf California Mix Vegetables Oat Top Bread Fresh Fruit 766 Calories 702 mg Sodium	Breaded Fish Filet Butternut Squash Zucchini Multigrain Bread Applesauce 662 Calories 529 mg Sodium	Pot Roast & LS Gravy Mix Root Vegetables Peas Wheat Roll Cookies 739 Calories 685 mg Sodium	Chicken Vegetable Stir Fry White Rice Muffin Pineapple 708 Calories 795 mg Sodium	June. 6: Week 2 June 13: Week 3 June 20: Week 4 June. 27: Week 1
Week 3	Turkey Marsala Roasted Root Vegetables White Rice LS Wheat Bread Mixed Fruit 631 Calories 926 mg Sodium	Beef Burgundy Sweet Potatoes Diced Beets LS Wheat Bread Fruited Gelatin 767 Calories 625 mg Sodium	Chicken Souvlaki Over Orzo Pasta Italian Mix Vegetables Wheat Roll Applesauce 790 Calories 861 mg Sodium	Chicken Meatballs & Gravy Over White Rice Carrots LS Wheat Bread Tropical Mix Fruit 708 Calories 570 mg Sodium	Baked Breaded Fish Butternut Squash Tuscany Mix Vegetables Oat Top Bread Fresh Fruit/Apple Juice 754 Calories 556 mg Sodium	July 4: Week 2 July 11: Week 3 July 25: Week 4 August 1: Week 1 August 8: Week 2
Week 4	Ziti & Chicken Meatballs Marinara Zucchini LS Wheat Bread Gelatin/Topping 759 Calories 748 mg Sodium	Breaded Fish Filet/Tartar Carrots Peas Multigrain Bread Vanilla Wafer Cookies 793 Calories 964 mg Sodium	Chicken with Sauteed Vegetables Rice Pilaf LS Wheat Bread Applesauce 694 Calories 677 mg Sodium	Roast Turkey & Gravy Sweet Potatoes Fiesta Mix Vegetables LS Wheat Bread Peaches/Juice 682 Calories 1008 mg Sodium	Meatloaf & LS Gravy Roasted Potatoes Diced Beets Wheat Roll Tropical Mixed Fruit 794 Calories 700 mg Sodium	August 15: Week 3 August 22: Week 4 August 29: Week 1 No meal: May 31, June 20, July 4

Please call by 11:00 AM the business day before to cancel meals to help prevent food waste and costs, 617-628-2601. Menu Subject to change.

SCES Nutrition Department Menu Information

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Low Lactose Menu Description:

- ☉ 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. Consume or discard refrigerated meals within 48 hours.

****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 10-15 minutes maximum, or until reaches internal temperature of 165F

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, set oven at 350F 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**