

# C.F. LOW LACTOSE MEAL MENU

*A voluntary, confidential donation of \$2 is suggested.*

Monday	Tuesday	Wednesday	Thursday	Friday

*About your*

## *Low Lactose Meal*

Every meal provides a minimum of 1/3 of the **Dietary Reference Intake** of significant vitamins and minerals.

Your meals are prepared without milk or milk products. All gravies are low sodium.

Most meals come with bread or a roll, a dessert, and 8oz of lactaid milk.

**MEALS ARE NOT DELIVERED  
ON THE FOLLOWING HOLIDAYS:**



# SHOULDN'T YOUR LIFE AT HOME BE

## COMFORTABLE

## SECURE

## AND

## JOYFUL?



Visit [mves.org](https://mves.org)  
or call us  
at **781-324-7705**  
to get started!

**Mystic Valley Elder Services** partners with older adults, adults living with disabilities, and caregivers in the Mystic Valley region to ensure that everyone has the tools and services they need to live at home and in their own communities as long as they desire.

Through Mystic Valley, you can access home care services, Meals on Wheels, support for your financial wellbeing and your transportation needs, caregiver peer groups, and — most of all — the chance to make your life easier, healthier, safer, and more vibrant. Many of our services are available at no or very low cost.

*Mystic Valley Elder Services works with our neighbors in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield, and Winthrop.*

### PLEASE NOTE:

All low lactose meals have a BLACK DOT on the packaging.

Call the Nutrition Department with any questions about your meal or Meals on Wheels delivery: 781-388-2303.