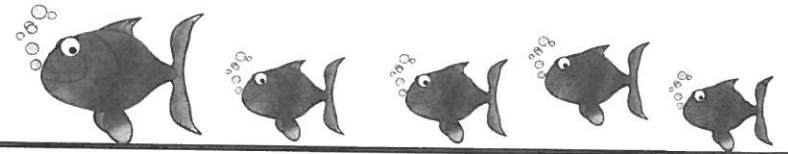


# LAKE PARK SENIOR NUTRITION

Suggested donation of \$4.00-\$4.20 per meal is asked.

## AUGUST 2017



All meals served with 1% milk, bread, margarine.

Noon meals served Monday—Friday at the Lake Park City Center at 2032 2nd Street in Lake Park.

Meals on Wheels available delivered to homebound qualified participants.

Meals are prepared in a facility that uses wheat, soy, dairy and nuts.

Menu subject to change.

Thank you for supporting our local program!

**To reserve or cancel call 238-5336 BEFORE 9 AM.**



Mon	Tue	Wed	Thu	Fri
	1 Creamed Chicken over Biscuit Parsley Carrots Brownie	2 Shipwreck Casserole Fresh Fruit Dinner Roll Ice Cream	3 Hot Pork Sandwich Mashed Potato/Gravy Baked Squash Whipped Gelatin	4 Cook's Choice
7 Crispy Baked Chicken Au Gratin Potatoes Broccoli Cookie	8 Polish Sausage Boiled Potato Sauerkraut Moon Cake	9 Spaghetti w/Meatballs Garden Salad Garlic Breadstick Fruited Gelatin	10 Chicken/White Rice Peas and Carrots Mixed Fruit	11 Baked Ham Baked Beans Potato Salad Ice Cream Gelatin
14 Chicken Strips Mashed Potato/Gravy Stewed Tomatoes Pudding	15 Swedish Meatballs Mashed Potato/Gravy Steamed Broccoli Chocolate Chip Bar	16 Pork Chop Baked Potato Garden Salad Poke Cake	17 Hamburger Macaroni Casserole Mixed Vegetables Fruit	18 Cook's Choice
21 Cheeseburger/Bun Cucumber & Tomato Salad Fresh Fruit Pudding/Topping	22 Roast Turkey Mashed Potato/Gravy California Blend Strawberry Shortcake	23 Meatloaf Baked Potato Baked Squash Bar	24 Ham & Egg Bake Tri Taters Muffin Orange Juice	25 Crispy Chicken Salad Breadstick Fresh Melon Cream Puff Dessert
28 Country Pork Chop Mashed Potato/Gravy Glazed Carrots Rice Krispy Bar	29 BBQ Chicken Baked Potato Steamed Broccoli Cheesecake	30 Tater Tot Hotdish 7 Layer Salad Fruit Cobbler	31 Cook's Choice	