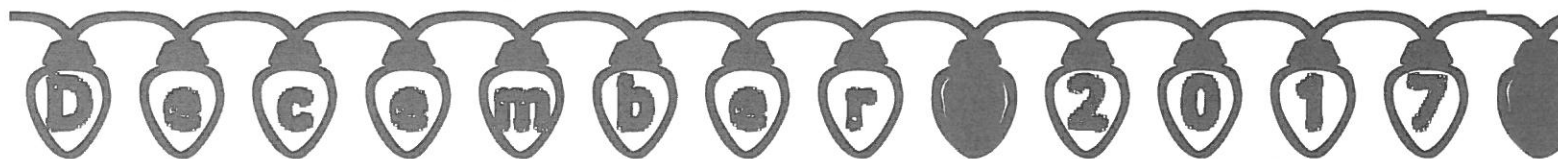


Lake Park Nutrition Center



OPEN LUNCH

11:30 - 1:00

Mon

Tue

Wed

Thu

Fri



4
BBQ riblet
Potato casserole
Steamed broccoli
Lemon fluff

5
Turkey pot pie with
mixed vegetables
Mixed fruit
Cookie

6 **CUSTOMER
APPRECIATION LUNCH**
Turkey
Mashed potato/gravy
Stuffing / Corn / Cookie

7
Chili
Corn muffin
Applesauce gelatin
Rice krispy bar

1
Pork chop
Mashed potato/gravy
Green bean casserole
Dump cake

8
Cook's choice

11
Burger on a bun
Baked beans
Coleslaw
Chocolate cake

12
Chicken noodle hot dish
Corn
Breadstick
Fruit cup

13
Swiss Steak
Mashed potato/gravy
Mixed vegetable
Bar

14
Baked fish
Baked potato
Creamed peas
Cookie

15
Turkey/dressing
Mashed potato/gravy
Yams
Dinner Roll
Pudding/topping

18
Ham & Au gratin potatoes
California blend
Pineapple upside
down cake

19
Potato soup
Ham salad sandwich
Fruit cup
Gingerbread

20
Italian chicken breast
Mashed potato/gravy
Mixed Vegetable
Jell-o w/topping

21
Cook's choice

22
Cook's choice



25
**MERRY CHRISTMAS
CLOSED**



26
Porcupine meatballs
Parley boiled potatoes
Harvard beets
Starburst cake

27
Tuna casserole
Peas and carrots
Vanilla fruit salad

28
Roast pork
Mashed potato/gravy
Baked Squash
Rosy pears

29
Ham & egg bake
Tri taters
Fruit juice
Muffin

OVER 60 - \$4.00
UNDER 60 - \$7.00

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

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.