

Lake Park Nutrition Center



JANUARY



OPEN LUNCH

11:30 - 1:00

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.

Mon	Tue	Wed	Thu	Fri
1 Happy New Year! Closed	2 Baked fish/ Alternate Potato casserole Coleslaw Lemon bar	3 Country pork chop Mashed potato/gravy Creamed carrots Fruit cup	4 Tater Tot Hotdish Garden salad Cake	5 Cook's Choice
8 Chicken strips Mashed potato/gravy Stewed tomatoes Fruit salad	9 Polish sausage Parsley boiled potatoes Sauerkraut Brownie	10 Pork roast Mashed potato/gravy Mixed vegetables Bread pudding	11 Beef chow mein White rice Carrots Warm cinnamon apples	12 Potato Soup Egg Salad Sandwich Fruit cup Cookie
15 Liver & onions/ Alternate Baked potato Beets Pudding/topping	16 Roast turkey Mashed potato/gravy Baked squash Whipped jell-o	17 Pork chop Boiled potato/gravy Scalloped corn Fruit crisp	18 Creamed chicken over a biscuit Peas and carrots Fruit juice Cake	19 Shepherd's pie Dinner roll Vanilla fruit salad Bar
22 BBQ chicken breast Baked sweet potato Green beans Cookie	23 spaghetti Garden salad/dressing Garlic bread Mandarin oranges	24 Mushroom Steak Mashed potato/gravy Steamed broccoli Chocolate pie square	25 Turkey noodle soup Corn muffin Fruit salad Pumpkin bar	26 Meatloaf Baked potato Cream peas & carrots Jell-o/topping
29 Meatballs Mashed potato/gravy Beets Ice cream/topping	30 Scalloped potatoes w/Ham Green beans Applesauce gelatin	31 Hot turkey sandwich Mashed potato/gravy Peas and carrots Pudding/topping		