

# Lake Park Nutrition Center



## March 2018



**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
		 <p>Everyone's Irish On March 17th.</p>	<p>1 Baked Ham Scalloped Potatoes Carrots Jell-o w/topping</p>	<p>2 Fish on a Bun Tri Tators Green Beans Lemon Fluff</p>
<p>5 Swiss Steak Mashed Potato/Gravy Creamed Corn Fruit Cup</p>	<p>6 Taco Salad Fruit Salad Corn Muffin Cake</p>	<p>7 Mushroom Steak Mashed Potato/Gravy Steamed Broccoli Chocolate Pie Square</p>	<p>8 Chicken and Dumplings Parsley Carrots Dinner Roll Ice Cream/topping</p>	<p>9 Potato Soup Egg Salad Sandwich Vanilla Fruit Salad Cookie</p>
<p>12 Country Pork Chop Mashed Potato/Gravy Carrots Peanut Butter Bar</p>	<p>13 Spaghetti Meat Sauce Garden Salad Garlic Toast Medallions Mandarin Oranges</p>	<p>14 Meatloaf Au Gratin Potatoes Mixed Vegetables Apple Crisp</p>	<p>15 Chicken Strips Potato Casserole Coleslaw Chocolate Chip Bar</p>	<p>16 Tuna Melt Sandwich Tator Tots Fruit Cup</p>
<p>19 Sloppy Joe/bun Baked Beans Potato Salad Sherbet</p>	<p>20 Beef Stew Applesauce Gelatin Biscuit Cake</p>	<p>21 Swedish Meatballs Mashed Potato/Gravy Harvard Beets Rosy Applesauce</p>	<p>22 Baked Chicken Mashed Potato/Gravy Steamed Broccoli Peach Cobbler</p>	<p>23 Baked Fish/Alternate Baked Potato Fruit Salad Lemon Bar</p>
<p>26 Liver and Onions or Alternate Parsley Potatoes Wax Beans Cake</p>	<p>27 Roasted Turkey Mashed Potato/Gravy Baked Squash Jell-O w/topping</p>	<p>28 Pork Chop Mashed Potato/Gravy Dressing Glazed Carrots Pudding/Topping</p>	<p>29 Creamed Chicken over A Biscuit Garden Salad Fruit Crisp</p>	<p>30 Tuna Noodle Hotdish Peas Jell-O Salad Bar</p>