



Lake Park Nutrition Center

March 2020



OPEN LUNCH
11:30 - 1:00

OVER 60 - \$4.00
UNDER 59 - \$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
2 Swiss Steak Mashed Potato/Gravy Corn Fruit Cup	3 Taco Salad Fruit Salad Corn Muffin Cookie	4 Fish or alternate Baked Potato Parsley Carrots Lemon Bar	5 Meatloaf Au Gratin Potatoes Mixed Vegetables Applesauce	6 Cream of Potato Soup Ham Salad Sandwich Fruit Salad Cookie
9 Country Pork Chop Mashed Potato/Gravy Carrots Peanut Butter Bar	10 Spaghetti/Meat Sauce Garden Salad Garlic Toast Medallions Mandarin Oranges	11 Roast Beef Mashed Potato/Gravy Peas & Carrots Starburst Cake	12 Chicken Strips Potato Casserole Coleslaw Bar	13 Cook's Choice
16 Creamed Chicken over Biscuit Garden Salad Fruit Cup	17 Beef Stew Fruit Cup Biscuit Brownie 	18 Roast Turkey Mashed Potato/Gravy Baked Squash Jell-O/Topping	19 Swedish Meatballs Mashed Potato/Gravy Harvard Beets Applesauce	20 Tuna Casserole Peas & Breadstick Jello Bar
23 Liver and Onions or Alternate Parsley Potatoes Wax Beans Chocolate Chip Cake	24 Chicken Breast Mashed Potato/Gravy Steamed Broccoli Peach Cobbler	25 Mushroom Steak Mashed Potato/Gravy Glazed Carrots Pudding/Topping	26 Baked Ham Scalloped Potatoes Perfection Salad Lemon Bar	27 Cook's Choice
30 Chicken Strips Potatoes & Gravy Stewed Tomatoes Cookie	31 Riblet Baked Potato Mixed Vegetables Fruit Cup		 Everyone's Irish On March 17th.	