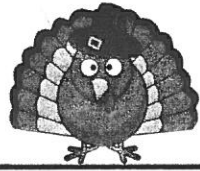
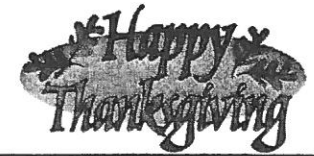


Lake Park Nutrition Center



NOVEMBER 2017



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 Roast beef Mashed potato/gravy Wax beans Pudding	2 Chicken rice casserole Steamed broccoli Fruit juice Brownie	3 Cook's Choice
6 Liver and Onions Oven browned potatoes California blend Cookie	7 Lasagna Garlic breadstick Garden salad Fruited gelatin	8 Meatloaf Mashed potato/gravy Parsley carrots Caramel roll	9 Hungarian goulash Applesauce gelatin Corn bread Rice krispy bar	10 BBQ Chicken Baked potato Beets Fruit Crisp
13 Sloppy joe on a bun Tri taters Pea and cheese salad Ice cream	14 Boiled ham dinner Corn muffin Warm rice pudding	15 Polish sausage Baked potato Sauerkraut Peanut butter bar	16 Baked fish Cheesy hash browns California blend Lemon pie square	17 Cook's Choice
20 Swiss Steak Boiled potatoes Candied yams Cake	21 Chicken strips Mashed potato/gravy Stewed tomatoes Cookie	22 Baked ham Scalloped potatoes Corn Cranberry salad Pumpkin pie square	23 Happy Thanksgiving CLOSED 	24 CLOSED 
27 Spaghetti w/meat sauce Wax beans Garlic breadstick Mandarin oranges	28 BBQ ribs Baked potato Scalloped corn Jell-o/topping	29 Herb roasted chicken Bread dressing/gravy Peas & carrots Rosy applesauce	30 Baked ham Au gratin potatoes California blend Fudge crinkle cookie	