

Lake Park Nutrition Center



NOVEMBER 2018



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
			1 Chicken rice casserole Steamed broccoli Fruit Brownie	2 Cook's Choice
5 Chicken patty/bun Oven browned potatoes California blend Cookie	6 Chicken Alfredo/Pasta Garlic Breadstick Garden Salad Fruited Gelatin	7 Roast beef Mashed potato/gravy Green beans Rice Krispy Bar	8 Ham & Egg Bake Hash brown Patty Muffin	9 BBQ Chicken Baked potato Carrots Fruit Crisp
12 Sloppy joe on a bun Tri taters Pea and cheese salad Pudding	13 Potato Soup Ham Salad sandwich Fruit Cup Cookie	14 Roast Pork Mashed potato/gravy Squash Jell-O/topping	15 Baked fish Cheesy hash browns California blend Lemon bar	16 Cook's Choice
19 Swiss Steak Boiled potatoes Candied yams Sherbet	20 Chicken strips Mashed potato/gravy Coleslaw Rice Pudding	21 Baked ham Scalloped potatoes Corn Cranberry salad Pumpkin Bar	22 Happy Thanksgiving CLOSED 	23 CLOSED 
26 Spaghetti w/meat sauce Wax beans Garlic breadstick Mandarin oranges	27 BBQ ribs Baked potato Scalloped corn Jell-o/topping	28 Herb roasted chicken Bread dressing/gravy Peas & carrots Rosy applesauce	29 Roast Beef Mashed potato/gravy California blend Fudge crinkle cookie	30 Cook's Choice