

# Lake Park Nutrition Center

**OPEN LUNCH**  
**11:30 - 1:00**



**OCTOBER 2017**



|  | Mon   | Tue  | Wed  | Thu   | Fri  |
|--|---|--|--|---|--|
|  | 2<br>Liver & onions<br>Baked potato<br>Mixed vegetable<br>Cookie          | 3<br>Pork Roast<br>Mashed potato/gravy<br>Harvest beets<br>Sour cr. raisin bar                                       | 4<br>Hamburger macaroni<br>Casserole<br>Coleslaw<br>Dinner roll<br>Cinnamon Applesauce   | 5<br>Chicken & Dumplings<br>Peas and Carrots<br>Fruit Cup<br>Cupcake                  | 6<br>Cook's Choice   |
|  | 9<br>Mushroom Steak<br>Mashed potato/gravy<br>Parsley Carrots<br>Cake     | 10<br>Tater tot hotdish<br>Fruited gelatin<br>Cookie   | 11<br>Chicken breast<br>Mashed potato/gravy<br>Steamed broccoli<br>Cake  | 12<br>Polish sausage/bun<br>Oven browned potatoes<br>Sauerkraut<br>Chocolate chip bar | 13<br>Baked fish<br>Baked potato<br>Peas<br>Pudding/topping                          |
|  | 16<br>Chicken Strips<br>Mashed potato/gravy<br>California blend<br>Cookie | 17<br>BBQ pork/bun<br>Baked beans<br>Potato salad<br>Fruit Cup   | 18<br>Roast beef<br>Mashed potato/gravy<br>Baked squash<br>Poke Cake   | 19<br>Lasagna<br>Garlic bread stick<br>Tossed salad/dressing<br>Mandarin Oranges      | 20<br>Cook's Choice  |
|  | 23<br>Swiss Steak<br>Baked potato<br>Green beans<br>Pudding/topping       | 24<br>Hot turkey sandwich<br>Mashed potato/gravy<br>Peas and carrots<br>Strawberry shortcake                         | 25<br>Baked ham<br>Au gratin potatoes<br>Corn<br>Rosy pears  | 26<br>Country pork chop<br>Boiled potato<br>Country gravy<br>Beets<br>Cream puff bar  | 27<br>Swedish meatballs<br>Mashed potato/gravy<br>Mixed vegetable<br>Pudding/topping |
|  | 30<br>Meatballs<br>Mashed potato/gravy<br>Dill glazed carrots<br>Bar      | 31 <b>Happy Halloween</b><br>Creepy veggie soup<br>Devilish egg salad/bun<br>Frightening fruit cup<br>Pumpkin cookie | <b>We are extending our serving times! Stop by<br/>between 11:30 and 1:00 to enjoy a delicious meal.<br/>All ages welcome!</b> |   |  |

**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.**