

Lake Park Nutrition Center

OPEN LUNCH
11:30 - 1:00



OCTOBER 2018



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 Liver & Onions or Alternate Baked Potato Mixed Vegetables Cookie	2 Pork Roast Mashed Potato/Gravy Harvard Beets Sour Cream Raisin Bar	3 Meatloaf Scalloped Potatoes Corn Cinnamon Applesauce	4 Chicken & Dumplings Peas & Carrots Fruit Cake	5 Cook's Choice
8 Mushroom Steak Mashed Potato/Gravy California Blend Cookie	9 Tater Tot Hotdish Fruited Gelatin Cake	10 Chicken Breast Mashed Potato/Gravy Steamed Broccoli Spice Cake	11 Cheeseburger/Bun Oven Browned Potatoes BLT Salad Tropical Fruit Salad	12 Baked Fish Baked Potato Creamed Peas Lemon Bar
15 Chicken Strips Mashed Potato/Gravy California Blend Cookie	16 BBQ Riblet/Bun Baked Beans Potato Salad Fruit Cup	17 Roast Beef Mashed Potato/Gravy Baked Squash Whipped Jell-o	18 Beef Stroganoff Egg Noodles Coleslaw Dinner Roll Mandarin Oranges	19 Cook's Choice
22 Swiss Steak Baked Potato Green Beans Pudding/Topping	23 Hot Turkey Sandwich Mashed Potato/Gravy Peas & Carrots Pumpkin Pie Square	24 Baked Ham Au Gratin Potatoes Corn Applesauce	25 Pork Chop Boiled Potato Country Gravy Beets Peanut Crisp Bar	26 Swedish Meatballs Mashed Potato/Gravy Mixed Vegetable Lemon Cake
29 Meatballs Mashed Potato/Gravy Dill Glazed Carrots Ice Cream	30 Potato Soup Ham Salad/Bun Fruit Cup Cookie	31 HAPPY HALLOWEEN Goulash Tossed Salad/Dressing Breadstick Applesauce		