

Lake Park Nutrition Center

October 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
			1 Chicken & Dumplings Peas & Carrots Fruit Cupcake	2 Polish Sausage Boiled Potato Sauerkraut Cookie
5 Mushroom Steak Mashed Potato/Gravy Carrots Cookie	6 Tater Tot Hotdish Fruited Gelatin Bar	7 Chicken Breast Mashed Potato/Gravy Steamed Broccoli Pudding	8 Cheeseburger/Bun Oven Browned Potatoes BLT Salad Rice Krispie Bar	9 Baked Fish Baked Potato Creamed Peas Fruit Salad
12 BBQ Riblet/Bun Baked Beans Potato Salad Fruit Cup	13 Roast Beef Mashed Potato/Gravy Baked Squash Whipped Jell-o	14 Chicken Strips Mashed Potato/Gravy California Blend Cookie	15 Beef Stroganoff Egg Noodles Coleslaw Dinner Roll Mandarin Oranges	16 Meatloaf Scalloped Potatoes Carrots Applesauce
19 Swiss Steak Baked Potato Mixed Vegetables Pudding/Topping	20 Hot Turkey Sandwich Mashed Potato/Gravy Peas & Carrots Strawberry Shortcake	21 Baked Ham Au Gratin Potatoes Corn Fruit Cocktail	22 Pork Chop Mashed potato/Gravy Beets Bar	23 Porcupine Meatballs Parsley Boiled Potato Mixed Vegetable Lemon Cake
26 Liver & Onions or Alternate Mashed Potato/Gravy Dill Glazed Carrots Ice Cream	27 Potato Soup Ham Salad/Bun Fruit Cup Cookie	28 Goulash Tossed Salad/Dressing Breadstick Applesauce	29 Pork Roast Mashed Potato/Gravy Harvard Beets Sour Cream Raisin Bar	30 Chicken Breast Baked Potato Baked Squash Halloween Cookie