

Lake Park Nutrition Center

September 2018



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
<p>3</p> <p>LABOR DAY CLOSED</p>	<p>4</p> <p>Polish Sausage Boiled Potatoes Sauerkraut Lemon Fluff</p>	<p>5</p> <p>Lasagna Green Beans Breadstick Mandarin Oranges</p>	<p>6</p> <p>Cream of Potato Soup Ham Salad Sandwich Fruit Gingerbread/topping</p>	<p>7</p> <p>Hamburger Stroganoff California Blend Fruited Gelatin</p>
<p>10</p> <p>Chicken Strips Mashed Potato/Gravy Mixed Vegetables Pudding/topping</p>	<p>11</p> <p>Spaghetti Garden Salad Breadstick Mandarin Oranges</p>	<p>12</p> <p>Pork Chop Parley Boiled Potato Scalloped Corn Whipped Gelatin</p>	<p>13</p> <p>Taco Salad Corn Muffin Mixed Fruit Cookie</p>	<p>14</p> <p>Roast Turkey Mashed Potato/Gravy Carrots Cheesecake</p>
<p>17</p> <p>Baked Fish Potato Salad Baked Beans Lemon Bar</p>	<p>18</p> <p>Chicken Patty/Bun Potato Casserole Coleslaw Pumpkin Pie Square</p>	<p>19</p> <p>Swiss Steak Baked Potato Carrots Rosy Applesauce</p>	<p>20</p> <p>Pork Roast Mashed Potato/Gravy Steamed Broccoli Cake</p>	<p>21</p> <p>Cook's Choice</p>
<p>24</p> <p>Chow Mein & Rice Carrots Fruit Cup Cookie</p>	<p>25</p> <p>Baked Ham Scalloped Potatoes Green Beans Banana Cream Pie Square</p>	<p>26</p> <p>Meatballs Mashed Potato/Gravy Mixed Vegetables Ice Cream</p>	<p>27</p> <p>Crispy Chicken Salad Breadstick Fruit Salad Rice Krispy Bar</p>	<p>28</p> <p>Hot Beef Sandwich Mashed Potato/Gravy Baked Squash Fruit Cobbler</p>
			<p><u>PUMPKIN FEST</u></p> <p>Saturday SEPTEMBER 29</p> 	