

Lake Park Senior Nutrition

February
2012

Suggested donation
of \$4.00 per meal is
asked.

All meals served
with 1% milk, bread,
margarine.

To cancel or reserve
call 238-5336
BEFORE 9 AM.

Noon meals served
Monday—Friday.

Meals on Wheels
available delivered
to homebound
qualified
participants.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Lasagna Garden Salad Garlic Bread Applesauce	2 Turkey Noodle Soup Biscuit Fruit Salad Cookie	3 Meatloaf Baked Potato Carrots Dessert	4
5	6 Salisbury Steak Baked Potato Creamed Corn Ice Cream	7 Ham Scalloped Potatoes Green Beans Gelatin/Topping	8 Scalloped Chicken Biscuit Carrots Cookie	9 Chili Crackers Corn Muffin Fruit	10 COOKS CHOICE	11
12	13 Country Pork Chop Mashed Pot/Gravy California Blend Starburst Cake	14 Chicken Strips Augratin Potatoes Coleslaw Bar	15 Roast Beef Mashed Pot/Gravy Mixed Vegetables Pudding Dessert	16 Goulash Garden Salad Peaches Ice Cream	17 Fish Patty on Bun Baked Beans Fruited Gelatin Dessert	18
19	20 Baked Chicken Mashed Pot/Gravy Stewed Tomatoes Cookie	21 Beef Stew Fruit Cup Corn Muffin Sherbet	22 Pork Ribs Parslied Boiled Potatoes Sauerkraut Bar	23 Meatballs Mashed Pot/Gravy Harvard Beets Rosy Applesauce	24 COOKS CHOICE	25
26	27 Liver & Onions/Alt. Parlised Potatoes Corn Gelatin/Topping	28 Rost Turkey Mashed Pot/Gravy Squash Cake	29 Creamed Chicken Over a Biscuit Garden Salad Fruit Crisp			

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March
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March	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		HAPPY ST. PATRICK'S DAY			1 Pork Chop Boiled Pot/Gravy Carrots Pudding/Topping	2 COOKS CHOICE	3
	4	5 BBQ Chicken Breast Oven Browned Potatoes Carrots Cake	6 Country Fried Steak Mashed Pot/Gravy Stewed Tomatoes Rice Krispy Bar	7 Lasagna Garden Salad Garlic Bread Applesauce	8 Turkey Noodle Soup Biscuit Fruit Salad Cookie	9 Meatloaf Baked Potato Squash Dessert	10
	11	12 Salisbury Steak Baked Potato Creamed Corn Gelatin/Topping	13 Ham Scalloped Potatoes Green Beans Ice Cream	14 Scalloped Chicken Biscuit Carrots Cookie	15 Chili Crackers Corn Muffin Fruit	16 COOKS CHOICE	17
	18	19 Country Pork Chop Mashed Pot/Gravy California Blend Starburst Cake	20 Chicken Strips Augratin Potatoes Coleslaw Bar	21 Roast Beef Mashed Pot/Gravy Mixed Vegetables Pudding Dessert	22 Goulash Garden Salad Peaches Sherbet	23 Fish Patty on Bun Baked Beans Fruited Gelatin Dessert	24
	25	26 Baked Chicken Mashed Pot/Gravy Stewed Tomatoes Cookie	27 Beef Stew Fruit Cup Corn Muffin Ice Cream	28 Pork Ribs Parslied Boiled Potatoes Sauerkraut Bar	29 Meatballs Mashed Pot/Gravy Harvard Beets Rosy Applesauce	30 COOKS CHOICE	31

Lake Park Senior Nutrition

April
2012

Suggested donation
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**Happy
Easter**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Liver & Onions/Alt Parshied Potatoes Creamed Corn Cake	3 Roasted Turkey Mashed Pot/Gravy Squash Gelatin/Topping	4 Creamed Chicken over Biscuit Garden Salad Fruit Crisp	5 Pork Chop Boiled Pot/Gravy Carrots Pudding/Topping	6 COOKS CHOICE	7
8	9 BBQ Chicken Breast Yams Green Beans Cake	10 Country Fried Steak Mashed Pot/Gravy Stewed Tomatoes Cookie	11 Lasagna Garden Salad Garlic Bread Applesauce	12 Turkey Noodle Soup Biscuit Fruit Salad Cookie	13 Meatloaf Baked Potato Carrots Dessert	14
15	16 Salisbury Steak Baked Potato Creamed Corn Ice Cream	17 Ham Scalloped Potatoes Green Beans Gelatin/Topping	18 Scalloped Chicken Biscuit Carrots Cookie	19 Chili Crackers Corn Muffin Fruit	20 COOKS CHOICE	21
22	23 Country Pork Chop Mashed Pot/Gravy California Blend Starburst Cake	24 Chicken Strips Augratin Potatoes Coleslaw Bar	25 Roast Beef Mashed Pot/Gravy Mixed Vegetables Pudding Dessert	26 Goulash Garden Salad Peaches Ice Cream	27 Fish Patty on Bun Baked Beans Fruited Gelatin Dessert	28
29	30 Baked Chicken Mashed Pot/Gravy Stewed Tomatoes Cookie					