



AGING MATTERS IN BREVARD
 Seniors at Lunch, 3600 W. King Street, Suite 4, Cocoa FL 32926
 639-8770 (From Micco Area 984-9270)

Wasted meals are costly. Call to cancel meal:

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Monday	Tuesday	Wednesday	Thursday	Friday
December 1 Swedish Meatballs Buttered Egg Noodles Green Beans Tomato Cucumber Salad Orange Wedges Milk 1%	December 2 Sliced Turkey & Gravy Mashed Potatoes Carrots Apple Waldorf Salad Banana Bread Milk 1%	December 3 Shrimp & Chicken Creole Dirty Rice Zucchini & Yellow Squash Peach Cobbler Whole Wheat Roll Milk 1%	December 4 Oven Fried Chicken Scalloped Potatoes Collard Greens w/Onion & Bacon Banana Cornbread Milk 1%	December 5 Beef Stew Kidney Bean Salad Pineapple & Melon Salad Biscuit Milk 1%
December 8 Fruit Glazed Ham Succotash Applesauce Whole Wheat Roll Milk 1%	December 9 Seafood Salad Navy Bean Casserole w/Ham Broccoli Tropical Fruit Crackers Milk 1%	December 10 Brunswick Stew Brussel Sprouts Mandarin Orange & Melon Salad Biscuit Milk 1%	December 11 Hamburger Hamburger Bun Lettuce, Tomato & Onion Glazed Carrots Rice Pudding Milk 1%	December 12 Chicken Fajita w/Pepper & Onion Fiesta Corn Plantains Tortilla Apple Juice Milk 1%
December 15 Meatloaf with Gravy Hubbard Squash Tropical Fruit Whole Wheat Roll Milk 1%	December 16 Asian Pork w/Cabbage & Peppers Brown Rice Broccoli Orange Wedges Whole Wheat Roll Milk 1%	December 17 Rosemary Chicken Leg Quarter Rice Pilaf Buttered Peas w/Pearl Onions Pineapple Coleslaw Whole Wheat Roll Milk 1%	December 18 Chili with Beans Confetti Corn Melon w/Fruit Salad Cornbread Milk 1%	December 19 Breaded White Fish w/Tartar Sauce Scandinavian Vegetables Rice & Peas Peach Cobbler Whole Wheat Roll Milk 1%
December 22 Baked Pork Chop w/Cranberry Glaze Lima Beans Fruit Medley Whole Wheat Roll Milk 1%	Dec. 23 Christmas Meal Baked Ham w/Pineapple Sauce Baked Sweet Potatoes Green Bean Almandine Ambrosia w/Marshmallows Apple Pie Whole Wheat Roll Milk 1%	December 24 NO MEAL SERVICE  CHRISTMAS EVE	December 25 NO MEAL SERVICE  MERRY CHRISTMAS	December 26 Hamburger Hamburger Bun Lettuce, Tomato & Onion Baked Beans Pineapple Carrot Cake Milk 1%
December 29 Baked Lemon Fish Macaroni & Cheese Pinto Bean & Ham Sliced Peaches Biscuit Milk 1%	December 30 Grilled Chicken Patty w/Saut�ed Mirepoix Sauce Green Peas Applesauce Whole Wheat Roll Milk 1%	Dec. 31 NEW YEAR MEAL Sliced Pork w/Gravy Hoppin John Peas & Rice Collard Greens Marinated Tomato, Onion, Cucumber Salad Carrot Cake w/Cream Cheese Frosting Milk 1%	January 1 NO MEAL SERVICE  NEW YEARS DAY	January 2 Chicken Ala King Buttermilk Biscuit Broccoli Pears Milk 1%

GIVE A LITTLE AND HELP A LOT!

Why donate toward the cost of my meal?

- SAL helps improve the lives of over 800 seniors in Brevard County.
- SAL has limited financial resources.
- 100% of my donation goes to meals.
- Each donation makes a big difference in many small ways.
- Seniors appreciate the hot, nutritious meals, activities, and social interaction.



This Menu is subject to substitutions due to vendor shortages and cost increases of food items.

Gloria L. Blackburn, MS, RD, LD/CS
 #5311