



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
June 1 Pepper Steak w/Peppers & Onions Brown Rice Snap Peas Citrus Salad Whole Wheat Roll Milk 1%	June 2 Country Style Pork Choppette w/ Mushroom & Onion Gravy Macaroni & Cheese Chopped Spinach Grapes Milk 1%	June 3 Sliced Turkey w/Gravy Mashed Potatoes Peas & Carrots Orange Wedges Whole Wheat Roll Milk 1%	June 4 Chicken Leg Quarter w/Savory Sauce Sweet Potatoes Green Peas Peaches & Pear w/Melon Whole Wheat Roll Milk 1%	June 5 Seafood Salad Black eyed Peas w/Ham Scandinavian Vegetables Pineapple Crackers Milk 1%
June 8 Ham w/Dijon Cream Sauce California Medley Rice Pudding w/Raisin Whole Wheat Roll Milk 1%	June 9 Chicken Cacciatore Penne Pasta Italian Vegetables Fruit Cocktail Whole Wheat Roll Milk 1%	June 10 Salisbury Steak w/ Mushroom Gravy Whipped Potatoes Broccoli Sliced Peaches Whole Wheat Roll Milk 1%	June 11 Kielbasa w/Peppers Onions & Sliced Potatoes Corn O'Brien Banana Whole Wheat Roll Milk 1%	June 12 Sweet & Sour Meatballs Buttered Rice Seasoned Cabbage Blend Applesauce Banana Bread Pudding Milk 1%
June 15 Spaghetti Homemade Meat Sauce Green Bean Frances Cinnamon Applesauce Whole Wheat Roll Milk 1%	June 16 Roast Pork w/Gravy Baked Sweet Potato Mixed Vegetables Applesauce Cornbread Milk 1%	June 17 Chicken Leg Quarter w/Italian Seasoning Wild Rice Pilaf Garden Blend Vegetable Banana Whole Wheat Roll Milk 1%	June 18 Hamburger Lettuce, Tomato & Onion Hamburger Bun Pork & Beans Apple Cobbler Milk 1%	June 19 Breaded White Fish Tartar Sauce Rice & Green Peas Brussels Sprouts Orange Wedges Whole Wheat Roll Milk 1%
June 22 Swedish Meatballs Egg Noodles Carrots, Broccoli & Yellow Squash Pineapple Whole Wheat Roll Milk 1%	June 23 Sliced Turkey w/Gravy Savory Stuffing Sliced Beets Apple & Cranberry Delight Whole Wheat Roll Milk 1%	June 24 Shredded Barbecue Chicken Hamburger Bun Mixed Vegetable Coleslaw Hot Cinnamon Apples Milk 1%	June 25 Sliced Pork w/Mojo Sauce Black Beans, Rice & Corn Hot Plantains Peach Cobbler Whole Wheat Roll Milk 1%	June 26 Stuffed Bell Pepper w/ Tomato Sauce Green Beans Rotini Pasta Pears Whole Wheat Roll Milk 1%
June 29 Country Fried Steak White Gravy Mashed Potatoes Tomatoes & Okra Peaches & Pears Cornbread Milk 1%	June 30 Ham & Potato Casserole California Medley Apple Cobbler Whole Wheat Roll Milk 1%	July 1 Hamburger Lettuce, Tomato & Onion Hamburger Bun Roasted Red Potatoes Fruit Cocktail Milk 1%	July 2 4TH OF JULY MEAL Hot Dog/Bun Baked Beans Potato Salad Watermelon Milk 1%	July 3 NO MEAL SERVICE  4TH OF JULY OBSERVED

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.

Seniors At Lunch News

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

Gloria L. Blackburn, MS, RD, LDJ
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