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

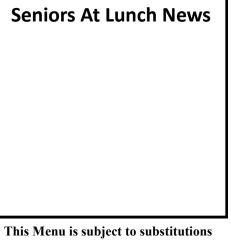
Wasted meals are costly. Call to cancel meal:

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

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.



due to vendor shortages and cost increases of food items.

Grania L Blackbern, MS, RD, LOJS #5311