



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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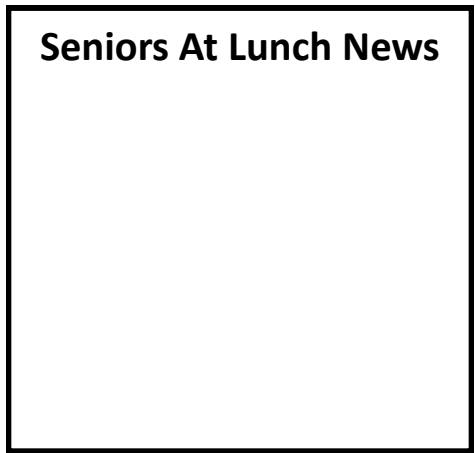
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Monday	Tuesday	Wednesday	Thursday	Friday
April 27 Pepper Steak w/Peppers & Onions Brown Rice Snap Peas Citrus Salad Whole Wheat Roll Milk 1%	April 28 Country Style Pork Choppette w/ Mushroom & Onion Gravy Macaroni & Cheese Chopped Spinach Grapes Milk 1%	April 29 Sliced Turkey w/Gravy Mashed Potatoes Peas & Carrots Orange Wedges Whole Wheat Roll Milk 1%	April 30 Chicken Leg Quarter w/Savory Sauce Sweet Potatoes Green Peas Peaches & Pear w/Melon Whole Wheat Roll Milk 1%	May 1 Seafood Salad Black eyed Peas w/Ham Scandinavian Vegetables Pineapple Crackers Milk 1%
May 4 Ham w/Dijon Cream Sauce California Medley Rice Pudding w/Raisin Whole Wheat Roll Milk 1%	May 5 Chicken Cacciatore Penne Pasta Italian Vegetables Fruit Cocktail Whole Wheat Roll Milk 1%	May 6 Salisbury Steak w/ Mushroom Gravy Whipped Potatoes Broccoli Sliced Peaches Whole Wheat Roll Milk 1%	May 7 Kielbasa w/Peppers Onions & Sliced Potatoes Corn O'Brien Banana Whole Wheat Roll Milk 1%	May 8 Sweet & Sour Meatballs Buttered Rice Seasoned Cabbage Blend Applesauce Banana Bread Pudding Milk 1%
May 11 Spaghetti Homemade Meat Sauce Green Bean Frances Cinnamon Applesauce Whole Wheat Roll Milk 1%	12 Roast Pork w/Gravy Baked Sweet Potato Mixed Vegetables Applesauce Cornbread Milk 1%	13 Chicken Leg Quarter w/Italian Seasoning Wild Rice Pilaf Garden Blend Vegetable Banana Whole Wheat Roll Milk 1%	14 Hamburger Lettuce, Tomato & Onion Hamburger Bun Pork & Beans Apple Cobbler Milk 1%	May 15 Breaded White Fish Tartar Sauce Rice & Green Peas Brussels Sprouts Orange Wedges Whole Wheat Roll Milk 1%
May 18 Swedish Meatballs Egg Noodles Carrots, Broccoli & Yellow Squash Pineapple Whole Wheat Roll Milk 1%	May 19 Sliced Turkey w/Gravy Savory Stuffing Sliced Beets Apple & Cranberry Delight Whole Wheat Roll Milk 1%	May 20 Shredded Barbecue Chicken Hamburger Bun Mixed Vegetable Coleslaw Hot Cinnamon Apples Milk 1%	May 21 Sliced Pork w/Mojo Sauce Black Beans, Rice & Corn Hot Plantains Peach Cobbler Whole Wheat Roll Milk 1%	May 22 Stuffed Bell Pepper w/ Tomato Sauce Green Beans Rotini Pasta Pears Whole Wheat Roll Milk 1%
May 25 NO MEAL SERVICE  MEMORIAL DAY	May 26 Ham & Potato Casserole California Medley Apple Cobbler Whole Wheat Roll Milk 1%	May 27 Hamburger Lettuce, Tomato & Onion Hamburger Bun Roasted Red Potatoes Fruit Cocktail Milk 1%	May 28 Oven Fried Chicken Carrots w/Dill Turnip Greens w/ Bacon Apple Waldorf Biscuit Milk 1%	May 29 Barbecue Pork Riblet Grits French Cut Green Beans Beans Tropical Fruit w/Melon Whole Wheat Roll 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, LDJ
#5311