



Wasted meals are costly. Call to cancel meal:

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Monday	Tuesday	Wednesday	Thursday	Friday
May 1 Ham w/ Fruit Glaze Mac & Cheese French Cut Green Beans Fruit Cocktail Whole Wheat Roll Milk 1%	May 2 Kielbasa w/ Peppers Onions & Sliced Potatoes Vegetable Medley Rice Pudding w/Raisins Whole Wheat Roll Milk 1%	May 3 Sweet & Sour Meatballs Buttered Rice Seasoned Cabbage Blend Sliced Peaches Banana Bread Pudding Milk 1%	May 4 Chicken Cacciatore Penne Pasta Italian Vegetables Banana Whole Wheat Roll Milk 1%	May 5 Salisbury Steak w/ Mushroom Gravy Whipped Potatoes Broccoli Pears Whole Wheat Roll Milk 1%
May 8 Penne Pasta Homemade Meat Sauce Italian Green Beans Fruit Cocktail Whole Wheat Roll Milk 1%	May 9 Roast Pork w/Gravy Baked Sweet Potato Peas w/Pearl Onions Apple Cobbler Cornbread Milk 1%	May 10 Chicken Leg Quarter w Italian Seasoning Rice Pilaf Garden Blend Vegetable Orange Wedges Whole Wheat Roll Milk 1%	May 11 Hamburger Lettuce, Tomato & Onion Hamburger Bun Roasted Red Potatoes Pears Milk 1%	May 12 Breaded White Fish w/Tartar Sauce Yellow Rice Herb Carrots Grapes Birthday Cake Whole Wheat Roll Milk 1%
May 15 Swedish Meatballs Egg Noodles Carrots, Broccoli & Yellow Squash Pineapple Whole Wheat Roll Milk 1%	May 16 Sliced Turkey w/Gravy Savory Stuffing Brussel Sprouts Apple & Cranberry Delight Whole Wheat Roll Milk 1%	May 17 Oven Fried Chicken Carrots w/Dill Turnip Greens w/Bacon Peaches & Pears w/Melon Biscuit Milk 1%	May 18 Diced Ham & Cheese Sauce on Baked Potato California Medley Apple Cobbler Whole Wheat Roll Milk 1%	May 19 Stuffed Bell Pepper w/Tomato Sauce Green Beans Rotini Pasta Tropical Fruit Cornbread Milk 1%
May 22 Country Fried Steak w/White Gravy Mashed Potatoes Sliced Beets Cinnamon Apples Cornbread Milk 1%	May 23 Sliced Pork w/Mojo Sauce Black Beans & Rice & Corn Hot Plantains Peach Cobbler Whole Wheat Roll Milk 1%	May 24 Hamburger Lettuce, Tomato & Onion Hamburger Bun Pork & Beans Potato Salad Fruit Cocktail Milk 1%	May 25 Chicken Leg Quarter w/Savory Sauce Baked Sweet Potato Green Peas w/Thyme Apple Waldorf Whole Wheat Roll Milk 1%	May 26 Barbeque Pork Riblet Grits Normandy Blend Vegetables Banana Cornbread Milk 1%
May 29 Pepper Steak w/ Peppers & Onions Brown Rice Cauliflower & Broccoli Citrus Salad Whole Wheat Roll Milk 1%	May 30 Country Style Pork Choppette w/Mushroom & Onion Gravy Blackeyed Peas Chopped Spinach Cinnamon Apples Cornbread Milk 1%	May 31 Sliced Turkey w/Gravy Mashed Potatoes Peas & Carrots Orange Wedges Whole Wheat Roll Milk 1%	June 1 Shredded BBQ Chicken Hamburger Bun Corn O'Brien Coleslaw Peaches & Pears Milk 1%	June 2 Chicken Caesar Salad Marinated Carrot Salad Pineapple Whole What 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.

Seniors At Lunch News

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

Paul Douglas Polson