



AGING MATTERS IN BREVARD  
 Meals on Wheels, 3600 W. King Street, Suite 4, Cocoa FL 32926  
 321-639-8770

**GIVE A LITTLE AND HELP A LOT!**

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

**Why donate to Meals on Wheels?**

- 1 in 7 seniors in the U.S. face the threat of hunger. MOW helps improve the lives of over 1,700 seniors in Brevard County.
- Seniors appreciate the hot, nutritious meals.
- MOW has limited financial resources.
- 100% of the donation goes toward meals.
- Each donation makes a big difference in many small ways. Each donation helps provide meals so no senior goes hungry®.

**Be considerate of our MOW volunteers!**

Gasoline is expensive! Save volunteers unnecessary trips if you won't be home. Call **321-639-8770** before 8:00 a.m. or the day before to cancel your meals. Please leave a message.

This menu is subject to substitutions due to vendor shortages and cost

*Paul Douglas Polson*