



Wasted meals are costly. Call to cancel meal:

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Monday	Tuesday	Wednesday	Thursday	Friday
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%
June 5 Ham w/ Fruit Glaze Mac & Cheese French Cut Green Beans Fruit Cocktail Whole Wheat Roll Milk 1%	June 6 Kielbasa w/ Peppers Onions & Sliced Potatoes Vegetable Medley Rice Pudding w/Raisins Whole Wheat Roll Milk 1%	June 7 Sweet & Sour Meatballs Buttered Rice Seasoned Cabbage Blend Sliced Peaches Banana Bread Pudding Milk 1%	June 8 Chicken Cacciatore Penne Pasta Italian Vegetables Banana Whole Wheat Roll Milk 1%	June 9 Salisbury Steak w/ Mushroom Gravy Whipped Potatoes Broccoli Pears Whole Wheat Roll Milk 1%
June 12 Penne Pasta Homemade Meat Sauce Italian Green Beans Fruit Cocktail Whole Wheat Roll Milk 1%	June 13 Roast Pork w/Gravy Baked Sweet Potato Peas w/Pearl Onions Apple Cobbler Cornbread Milk 1%	June 14 Chicken Leg Quarter w Italian Seasoning Rice Pilaf Garden Blend Vegetable Orange Wedges Whole Wheat Roll Milk 1%	June 15 Hamburger Lettuce, Tomato & Onion Hamburger Bun Roasted Red Potatoes Pears Milk 1%	June 16 Breaded White Fish w/Tartar Sauce Yellow Rice Herb Carrots Grapes Birthday Cake Whole Wheat Roll
June 19 Swedish Meatballs Egg Noodles Carrots, Broccoli & Yellow Squash Pineapple Whole Wheat Roll Milk 1%	June 20 Sliced Turkey w/Gravy Savory Stuffing Brussel Sprouts Apple & Cranberry Delight Whole Wheat Roll Milk 1%	June 21 Oven Fried Chicken Carrots w/Dill Turnip Greens w/Bacon Peaches & Pears w/Melon Biscuit Milk 1%	June 22 Diced Ham & Cheese Sauce on Baked Potato California Medley Apple Cobbler Whole Wheat Roll Milk 1%	June 23 Stuffed Bell Pepper w/Tomato Sauce Green Beans Rotini Pasta Tropical Fruit Cornbread Milk 1%
June 26 Country Fried Steak w/White Gravy Mashed Potatoes Sliced Beets Cinnamon Apples Cornbread Milk 1%	June 27 Sliced Pork w/Mojo Sauce Black Beans & Rice & Corn Hot Plantains Peach Cobbler Whole Wheat Roll Milk 1%	June 28 Hamburger Lettuce, Tomato & Onion Hamburger Bun Pork & Beans Potato Salad Fruit Cocktail Milk 1%	June 29 Chicken Leg Quarter w/Savory Sauce Baked Sweet Potato Green Peas w/Thyme Apple Waldorf Whole Wheat Roll Milk 1%	June 30 Barbeque Pork Riblet Grits Normandy Blend Vegetables Banana Cornbread 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.