

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!



J
U
L
Y

2
0
1
7

Monday	Tuesday	Wednesday	Thursday	Friday
July 3 4th July Meal Hot Dog/ w Bun Baked Beans Corn Watermelon Red White & Blue Cake Milk 1%	July 4 NO MEAL SERVICE  4TH OF JULY	July 5 Sliced Turkey w/Gravy Mashed Potatoes Peas & Carrots Orange Wedges Whole Wheat Roll Milk 1%	July 6 Shredded BBQ Chicken Hamburger Bun Corn O'Brien Coleslaw Peaches & Pears Milk 1%	July 7 Chicken Caesar Salad Marinated Carrot Salad Pineapple Whole Wheat Roll Milk 1%
July 10 Ham w/Fruit Glaze Mac & Cheese French Cut Green Beans Fruit Cocktail Whole Wheat Roll Milk 1%	July 11 Kielbasa w/Peppers, Onions & Sliced Potatoes Vegetable Medley Rice Pudding w/ Raisins Whole Wheat Roll Milk 1%	July 12 Sweet & Sour Meatballs Buttered Rice Seasoned Cabbage Blend Sliced Peaches Banana Bread Pudding Milk 1%	July 13 Chicken Cacciatore Penne Pasta Italian Vegetables Banana Whole Wheat Roll Milk 1%	July 14 Salisbury Steak w/Mushroom Gravy Whipped Potatoes Broccoli Pears Whole Wheat Roll Milk 1%
July 17 Penne Pasta Homemade Meat Sauce Italian Green Beans Fruit Cocktail Whole Wheat Roll Milk 1%	July 18 Roast Pork w/Gravy Mashed Sweet Potatoes Peas w/Pearl Onions Orange Wedges Cornbread Milk 1%	July 19 Chicken Breast w/Gravy Rice Pilaf Garden Blend Vegetable Apple Cobbler Whole Wheat Roll Milk 1%	July 20 Hamburger Lettuce, Tomato & Onion Hamburger Bun Roasted Red Potatoes Pears Milk 1%	July 21 Breaded White Fish w/Tartar Sauce Yellow Rice Herb Carrots Tropical Fruit Frosted Cake Whole Wheat Roll
July 24 Swedish Meatballs Egg Noodles Carrots, Broccoli & Yellow Squash Pineapple Whole Wheat Roll 1% Milk	July 25 Sliced Turkey w/Gravy Savory Stuffing Brussel Sprouts Apple & Cranberry Delight Whole Wheat Roll Milk 1%	July 26 Breaded Chicken Breast Carrots w/Dill Turnip Greens w/Bacon Peaches & Pears w/Melon Biscuit Milk 1%	July 27 Diced Ham & Cheese Sauce on a Baked Potato California Medley Apple Cobbler Whole Wheat Roll Milk 1%	July 28 Stuffed Bell Pepper w/Tomato Sauce Green Beans Rotini Pasta Grapes Cornbread Milk 1%
July 31 Country Fried Steak w/White Gravy Mashed Potatoes Sliced Beets Cinnamon Apples Cornbread 1% Milk	August 1 Sliced Pork w/Mojo Sauce Black Beans, Rice & Corn Hot Plantains Peach Cobbler Whole Wheat Roll Milk 1%	August 2 Hamburger Lettuce, Tomato & Onion Hamburger Bun Pork & Beans Potato Salad Fruit Cocktail Milk 1%	August 3 Chicken Breast w/Savory Sauce Mashed Sweet Potatoes Green Peas w/Thyme Apple Waldorf Whole Wheat Roll Milk 1%	August 4 BBQ Pork Riblet Grits Normandy Blend Vegetables Banana Cornbread 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