



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!

**O
C
T
O
B
E
R

2
0
1
7**

Monday	Tuesday	Wednesday	Thursday	Friday
October 2 Meatloaf w/Gravy Mashed Potatoes Spinach Tropical Fruit Whole Wheat Roll Milk 1%	October 3 Asian Pork w/Onions & Peppers Brown Rice Broccoli Orange Wedges Whole Wheat Roll Milk 1%	October 4 Apricot Lemon Glazed Chicken Breast Corn Peas w/Pearl Onions Pineapple Coleslaw Whole Wheat Roll Milk 1%	October 5 Taco Meat w/ Lettuce & Tomato Black Beans & Corn Melon & Fruit Salad Tortilla Vanilla Pudding Milk 1%	October 6 Breaded White Fish w/Tartar Sauce Scandinavian Vegetables Rice Pilaf Peach Cobbler Whole Wheat Roll Milk 1%
October 9 Breaded Pork Chop w/Cranberry Glaze Lima Beans Mashed Potatoes Fruit Medley Whole Wheat Roll Milk 1%	October 10 Breaded Chicken Picatta Buttered Linguine Orange Spiced Carrots Grapes Buttermilk Biscuit Milk 1%	October 11 Ziti With Cheese Italian Vegetables Blend Applesauce Garlic Roll Milk 1%	October 12 Roast Turkey w/Gravy Stuffing Spinach w/Mushrooms Whole Wheat Roll Banana Milk 1%	October 13 Hamburger Hamburger Bun Lettuce, Tomato & Onion Home Fried Potatoes Pineapple Brownie Milk 1%
October 16 Country Fried Steak w/Brown Gravy Mashed Potatoes Tomatoes & Okra Citrus Salad Whole Wheat Roll Milk 1%	October 17 Grilled Chicken w/Sauteed Mirepoix Sauce Sliced Beets Green Peas Cinnamon Applesauce Whole Wheat Roll Milk 1%	October 18 Burgundy Beef Tips Brown Rice Broccoli Mandarin Orange & Melon Salad Corn Bread Milk 1%	October 19 Salmon Patty Au Gratin Potatoes Zucchini & Tomato Hamburger Bun Diced Peaches Milk 1%	October 20 Pork Creole Dirty Rice Pinto Bean & Ham Peach Cobbler Biscuit Milk 1%
October 23 Meatballs Spaghetti w/Marinara Sauce Green Beans Orange Wedges Whole Wheat Roll Milk 1%	October 24 Sliced Turkey & Gravy Mashed Potatoes California Blend Pineapple Melon Salad Banana Cranberry Bread Milk 1%	October 25 Crab Cake Broccoli Tossed Salad w/Ranch Dressing Fruit Cup Whole Wheat Roll Milk 1%	October 26 Chicken Patty Black Eyed Peas Collard Greens w/Onion & Bacon Pear, Pineapple & Prunes Whole Wheat Roll Milk 1%	October 27 Beef Stew Carrots Banana Biscuit Milk 1%
October 30 Tortellini In Cheddar Sauce w/Ham & Peas Succotash Spiced Apples Whole Wheat Roll Milk 1%	October 31 Jambalaya w/Kielbasa Brown Rice Southern Cabbage Melon w/Fruit Salad Cornbread Milk 1%	November 1 Creamy Chicken w/Whole Wheat Biscuit Brussel Sprouts Carrot Pineapple Salad Milk 1%	November 2 Hamburger Hamburger Bun Lettuce, Tomato & On- ion Baked Beans Glazed Carrots Rice Pudding w/Raisins Milk 1%	November 3 Chicken Fajita w/Pepper & Onions Fiesta Corn Plantains Tortilla Apple Juice 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