

JANUARY



3600 W King Street, Suite 4, Cocoa FL 32926
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 www.Aging.MattersBrevard.org





Seniors At Lunch
 group dining at neighborhood sites

a service of
Aging Matters
 IN BREVARD

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Monday	Tuesday	Wednesday	Thursday	Friday
January 1 NO MEAL SERVICE  HAPPY NEW YEAR	January 2 Meatballs Spaghetti w/Marinara Sauce Green Beans Orange Wedges Whole Wheat Roll Milk 1%	January 3 Sliced Turkey & Gravy Mashed Potatoes California Blend Pineapple Melon Salad Whole Wheat Roll Milk 1%	January 4 Oven Fried Chicken Black Eyed Peas Collard Greens w/Onion & Bacon Pear, Pineapple & Prunes Cornbread Milk 1%	January 5 Beef Stew Carrots Banana Whole Wheat Biscuit Milk 1%
January 8 Tortellini In Cheddar Sauce w/Ham & Peas Succotash Spiced Apples Whole Wheat Roll Milk 1%	January 9 Jambalaya w/Kielbasa Brown Rice Southern Cabbage Melon w/Fruit Salad Cornbread Milk 1%	January 10 Creamy Chicken w/Whole Wheat Biscuit Brussel Sprouts Carrot Pineapple Salad Milk 1%	January 11 Hamburger Hamburger Bun Lettuce, Tomato & Onion Baked Beans Glazed Carrots Rice Pudding w/Raisins	January 12 Chicken Fajita w/Pepper & Onions Fiesta Corn Plantains Whole Wheat Tortilla Apple Juice
January 15 NO MEAL SERVICE  MARTIN LUTHER KING DAY	January 16 Meatloaf w/Gravy Mashed Potatoes Spinach Tropical Fruit Whole Wheat Roll Milk 1%	January 17 Asian Pork w/Onions & Peppers Brown Rice Broccoli Orange Wedges Whole Wheat Roll Milk 1%	January 18 Taco Meat w/Lettuce & Tomato Black Beans & Corn Melon & Fruit Salad Whole Wheat Tortilla Vanilla Pudding Milk 1%	January 19 Breaded White Fish w/Tartar Sauce Scandinavian Vegetables Rice Pilaf Diced Peaches Whole Wheat Roll Milk 1%
January 22 Breaded Pork Chop w/Cranberry Glaze Lima Beans Baked Sweet Potato Fruit Medley Whole Wheat Roll Milk 1%	January 23 Breaded Chicken Picatta Buttered Linguine Orange Spiced Carrots Citrus Salad Buttermilk Biscuit Milk 1%	January 24 Ziti With Cheese Italian Vegetables Blend Applesauce Garlic Roll Milk 1%	January 25 Roast Turkey w/Gravy Stuffing Spinach w/Mushrooms Whole Wheat Roll Banana Milk 1%	January 26 Hamburger WW Hamburger Bun Lettuce, Tomato & Onion Home Fried Potatoes Pineapple Birthday Brownie Milk 1%
January 29 Country Fried Steak w/Brown Gravy Mashed Potatoes Tomatoes & Okra Grapes Whole Wheat Roll Milk 1%	January 30 Grilled Chicken w/Mirepoix Sauce Sliced Beets Green Peas Cinnamon Applesauce Whole Wheat Roll Milk 1%	January 31 Burgundy Beef Tips Brown Rice Broccoli Mandarin Orange & Melon Salad Cornbread Milk 1%	February 1 Salmon Patty Au Gratin Potatoes Zucchini & Tomato Whole Wheat Bun Diced Peaches Milk 1%	February 2 Pork Creole Dirty Rice Pinto Bean & Ham Diced Pears Whole Wheat Biscuit Milk 1%

**Wasted meals are costly.
 Please call to cancel meal:**

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 or cost increases of food items.