





3600 W King Street, Suite 4, Cocoa FL 32926
 (321) 639-8770 or from Micco Area (321) 984-9270
 www.Aging.MattersBrevard.org



GIVE A LITTLE AND HELP A LOT!

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Monday	Tuesday	Wednesday	Thursday	Friday
January 1 NO MEAL DELIVERY  NEW YEARS DAY!	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 Chicken Patty 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 Milk 1%	January 12 Chicken Fajita w/Pepper & Onions Fiesta Corn Plantains Whole Wheat Tortilla Apple Juice Milk 1%
January 15 NO MEAL DELIVERY  MARTIN LUTHER KING	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 Mashed Sweet Potatoes Fruit Medley Whole Wheat Roll Milk 1%	January 23 Breaded Chicken Picatta Buttered Linguine Orange Spiced Carrots Grapes Whole Wheat Biscuit Milk 1%	January 24 Ziti With Cheese Italian Vegetables Blend Applesauce Whole Wheat Garlic Roll Milk 1%	January 25 Roast Turkey w/Gravy Stuffing Spinach w/Mushroom Whole Wheat Bread Banana Milk 1%	January 26 Hamburger WW Hamburger Bun Lettuce, Tomato & Onion Pineapple Brownie Milk 1%
January 29 Country Fried Steak w/Brown Gravy Mashed Potatoes Tomatoes & Okra Citrus Salad 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 WW Hamburger Bun Diced Peaches Milk 1%	February 2 Pork Creole Dirty Rice Pinto Bean & Ham Diced Pears Whole Wheat Biscuit Milk 1%

Why donate to Meals on Wheels?

- 1 in 7 seniors in the US 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 Meals on Wheels volunteers!

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

This menu is subject to substitutions due to vendor shortages and cost increases of food items.