



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



FEBRUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>February 26</b> Breaded Pork Chop w/Cranberry Glaze Lima Beans Baked Sweet Potato Fruit Medley Whole Wheat Roll Milk 1%	<b>February 27</b> Breaded Chicken Picatta Buttered Linguine Orange Spiced Carrots Citrus Salad Buttermilk Biscuit Milk 1%	<b>February 28</b> Ziti With Cheese Italian Vegetables Blend Applesauce Garlic Roll Milk 1%	<b>March 1</b> Roast Turkey w/Gravy Stuffing Spinach w/Mushrooms Whole Wheat Roll Banana Milk 1%	<b>March 2</b> Hamburger WW Hamburger Bun Lettuce, Tomato & Onion Home Fried Potatoes Pineapple Birthday Brownie Milk 1%
<b>February 5</b> Country Fried Steak w/Brown Gravy Mashed Potatoes Tomatoes & Okra Grapes Whole Wheat Roll Milk 1%	<b>February 6</b> Grilled Chicken w/Sauteed Mirepoix Sauce Milk 1%	<b>February 7</b> Crab Cake Broccoli Tossed Salad w/Ranch Dressing Fruit Cup Whole Wheat Roll Milk 1%	<b>February 8</b> Oven Fried Chicken Brown Rice w/Black Eyed Peas Collard Greens w/Onion & Bacon Pear, Pineapple & Prunes Cornbread Milk 1%	<b>February 9</b> Beef Stew Carrots Banana Whole Wheat Biscuit Milk 1%
<b>February 12</b> Tortellini In Cheddar Sauce w/Ham & Peas Succotash Spiced Apples Whole Wheat Roll Milk 1%	<b>February 13</b> Jambalaya w/Kielbasa Brown Rice Southern Cabbage Melon w/Fruit Salad Cornbread Milk 1%	<b>February 14</b> Creamy Chicken w/Whole Wheat Biscuit Brussel Sprouts Carrot Pineapple Salad Milk 1%	<b>February 15</b> Hamburger Hamburger Bun Lettuce, Tomato & Onion Baked Beans Sliced Carrots Rice Pudding w/Raisins Milk 1%	<b>February 16</b> Chicken Fajita w/Pepper & Onions Fiesta Corn Plantains Whole Wheat Tortilla Apple Juice Milk 1%
<b>February 19</b> Meatloaf w/Gravy Mashed Potatoes Spinach Tropical Fruit Whole Wheat Roll Milk 1%	<b>February 20</b> Asian Pork w/Onions & Peppers Brown Rice Broccoli Orange Wedges Whole Wheat Roll Milk 1%	<b>February 21</b> Apricot Lemon Glazed Leg Quarter Corn Peas w/Pearl Onions Pineapple Coleslaw Whole Wheat Roll Milk 1%	<b>February 22</b> Taco Meat w/Lettuce & Tomato Black Beans & Corn Melon & Fruit Salad Whole Wheat Tortilla Vanilla Pudding Milk 1%	<b>February 23</b> Breaded White Fish w/Tartar Sauce Scandinavian Vegetables Rice Pilaf Diced Peaches Whole Wheat Roll Milk 1%
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**Wasted meals are costly. Call to cancel meal:**

**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.**