

Aging Matters

IN BREVARD

WE ARE
Meals On Wheels
 So no senior goes hungry.



Seniors At Lunch
 groups during at 12:00pm each and sites

**June 2023
 Cold Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Meals Served With 1% Milk *Contains Pork			June 1 *Chef Salad Tangy Broccoli Salad Pears WW Roll	June 2 Turkey Salad WG Bun Beet Salad Tropical Fruit
June 5 *Tortellini Salad w/ Ham & Vegetable Blend Tuscany Bean Salad Red Grapes WW Roll	June 6 *Ham Salad WG Crackers Calico Salad Applesauce	June 7 Chicken Salad WG Bun Coleslaw w/ Quinoa Cinnamon Apples	June 8 *Cuban Sandwich Cuban Bread Black Bean Salad Apricots	June 9 Spinach Salad w/ Julienne Turkey, Shredded Parmesan & Hard Boiled Egg WW Roll Three Bean Salad Orange Wedges
June 12 Sliced Chicken Breast WG Bun Carrot Raisin Salad Sliced Peaches	June 13 *Sliced Ham w/ Cheese WG Bun Broccoli Salad Pears	June 14 Roast Beef & Cheese w/ Lettuce, Tomato & Onion WG Wrap Macaroni Salad Corn Salad Sliced Peaches	June 15 Turkey Salad WG Bun Kidney Bean Salad Apples & Cranberries	June 16 Chicken Salad WG Bun English Pea Salad Chopped Melon
June 19 *Ham & Turkey Sub WG Sub Roll Calico Salad Pears	June 20 Sliced Roast Beef Rye Bread Coleslaw Pineapple	June 21 *Chef Salad Tuscany Bean Salad Prunes WG Roll	June 22 Tuna Salad on a bed of Spinach Broccoli & Carrot Salad Spiced Apples WW Roll	June 23 Southwest Chicken Salad Broccoli Rotini Salad Chef's Choice Fruit WG Roll
June 26 Greek Pasta Salad w/ Crab & Feta Cheese Broccoli, Carrot & Raisin Salad Tropical Fruit Cornbread	June 27 Egg Salad WG Bun Lentil Salad w/ Black Olives & Red Peppers Fruit Cocktail	June 28 *Sliced Ham Rye Bread Coleslaw Grapes	June 29 Sliced Chicken Breast WG Bun Green Bean Salad Sliced Peaches	June 30 *Sliced Pastrami Rye Bread German Potato Salad Mandarin Oranges

APPROVED: *Lynelle Masarik-Konudin* DATE: *5/24/2023*