

# Aging Matters

IN BREVARD

To cancel your meal, please call  
321-639-8770

January  
Hot Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>All Meals Are Served With 1% Milk</b></p> <p><b>* Contains Pork</b></p>		<p><b>Jan. 1</b></p> <p><b>NEW YEARS DAY!</b></p> <p><b>** CLOSED **</b></p>	<p><b>Jan. 2</b> Ground Beef Stew, Whipped Potatoes, Green Beans, Whole Grain Biscuit Pineapple Tidbits</p>	<p><b>* Jan. 3</b> Cuban Pork, Cilantro Brown Rice, Fiesta Black Beans, Sweet Plantains, Flour Tortilla</p>
<p><b>Jan. 6</b> Roasted Garlic Marsala Chicken, Rotini Pasta, Garden Veggies, Peas/Mushrooms Wheat Dinner Roll Fresh Fruit</p>	<p><b>* Jan. 7</b> BBQ Pulled Pork, Potato Wedges, Broccoli, WG Hamburger Bun, Ketchup, Fresh Fruit</p>	<p><b>Jan. 8</b> Chicken Stir Fry, Jasmine Rice, Japanese Veggies, Seasoned Edamame, Mandarin Oranges, Fortune Cookie</p>	<p><b>Jan. 9</b> Santa Fe Stew, Whipped Potatoes Green Beans W/ Onions, Texas Bread, Margarine, Fresh Fruit</p>	<p><b>Jan 10</b> Breaded Pollock w/lemon Dill Sauce, Vegetables, Parslied Carrot Wheat Roll Pineapple bits</p>
<p><b>Jan. 13</b> Beef Stroganoff w/ Meatballs, Egg Noodles, Catalina Veggies, Seasoned Cauliflower, Wheat Dinner Roll, Pineapple Tidbits</p>	<p><b>Jan. 14</b> Breaded Chicken W/Country Gravy, Whipped Potatoes Cabbage, Texas Bread Fresh Fruit</p>	<p><b>* Jan. 15</b> Pork Roast with Poivre Sauce, Mac &amp; Cheese, Country Veggies, Baby Carrots, Wheat Dinner Roll, Applesauce</p>	<p><b>Jan. 16</b> BBQ Cheese Burger, Potato Wedges, Ketchup, WG Roll, Broccoli, Fresh Fruit</p>	<p><b>Jan. 17</b> Chicken Tenders Tater Tots, Ketchup, Green Beans, Wheat Roll, Fresh Fruit, Nuttty Buddy Bar</p>
<p><b>Jan. 20</b></p> <p><b>Martin Luther King Day</b></p> <p><b>** CLOSED **</b></p>	<p><b>Jan. 21</b> Teriyaki Chicken, Coconut Rice, Asian Green beans Cauliflower, WW Roll, Mixed Fruit</p>	<p><b>* Jan. 22</b> Brown Sugar Glazed Ham, Whipped Sweet Potatoes, Cabbage, Texas bread, Fresh Fruit, Margarine</p>	<p><b>Jan. 23</b> Creamy Paprika Chicken, Rotini Pasta, Succotash, Broccoli, Wheat Roll, Mandarin Oranges</p>	<p><b>Jan. 24</b> Krab Cake Rosemary Potatoes, Mixed Veggies Tarter Sauce. Texas Bread Fresh Fruit</p>
<p><b>Jan. 27</b> Chicken Tenders, Hashbrowns, California Veggies, Wheat Dinner Roll, Fresh Fruit, BBQ Sauce</p>	<p><b>Jan. 28</b> Zucchini Bake, Bowtie Pasta w/ Tuscany veggies in A meat sauce, Wheat Dinner Roll, Pineapple</p>	<p><b>Jan. 29</b> Beef Patty With Mushroom Gravy, Buttermilk Potatoes, Broccoli, Texas Bread, Fresh Fruit</p>	<p><b>Jan. 30</b> Butter Chicken, Basmati Rice, Lentils with Vegetables, Ginger Carrots, Applesauce</p>	<p><b>Jan. 31</b> Shepherd's Pie, Herbed Green Beans, WG Biscuit Asst. Jelly, Hot Peaches</p>

Lynne Marynick JDN, LDN  
12/17/24



**Seniors At Lunch**  
group dining at neighborhood sites

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*Lynde Maxwell RDM/LDN  
12/17/2024*