

August

2017

<p>1</p> <p>Low fat Baked Chicken Mashed Potatoes Normandy Blend Vegetables</p> <p>880 cal. 23g fat 127 carb 12g fiber 47g sugar 40g prot. 1,211 mg sod.</p>	<p>2 Birthday Dinner</p> <p>Pork Roast Red Skin Potatoes Broccoli Spears Applesauce</p> <p>503 cal. 18g fat 59 carb 9g fiber 4g sugar 31g pro. 749mg sodium Tigers</p>	<p>3</p> <p>BBQ Chicken Sandwiches Sweet Potato Wedges Corn on the Cob</p> <p>1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>4</p> <p>Shrimp and Snap Peas with linguini pasta Celery Salad Pears</p> <p>403 cal. 7.7g fat 47g carbs 25g prot. 130gm sodium .5g sugar 3.8g fiber</p>	<p>5</p> <p>Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches</p>		
<p>6</p> <p>Roast Beef Mashed Potatoes Corn Fresh Pineapple</p> <p>1,105 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p>7</p> <p>Chicken Parmesan Spaghetti Squash Spaghetti Cauliflower</p> <p>858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro. 1,278 mg sod.</p>	<p>8 SMCC Class of '58 Breakfast to 1:00 BF Burritos Available</p> <p>Salsa Meat Loaf Mashed Potatoes Mixed Vegetables</p> <p>464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.</p>	<p>9</p> <p>Breaded or Un-Breaded Pork Chops Baked Sweet Potato Brussels Sprouts</p> <p>808 cal. 22g fat, 48g carb. 12g fiber 18g sugar 36g prot 489mg sod.</p>	<p>10 Rummage & Bake Sale</p> <p>Hot Turkey Rueben Sandwiches French Fries Fresh Fruit Dessert</p> <p>\$6 Fundraiser</p>	<p>11 Rummage & Bake Sale</p> <p>Beef Stew Homemade Cornbread Cottage Cheese</p> <p>621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g protein 1,328mg sod.</p>	<p>12</p> <p>Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches</p>
<p>13</p> <p>Pork Roast Red Skin Potatoes Broccoli Spears Applesauce</p> <p>503 cal. 18g fat 59 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>	<p>14 MB&T Retirees</p> <p>Open Faced Beef Sandwiches Mashed Potatoes Peas and Carrots</p> <p>600 cal. 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 mg sod.</p>	<p>15</p> <p>Chicken or Beef Enchiladas Spanish Rice Refried Beans</p> <p>906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod</p>	<p>16 Class of '67 Breakfast</p> <p>Chicken Bruschetta Country Potatoes Mixed Vegetables</p> <p>858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod.</p>	<p>17</p> <p>Baked Salmon Brown and Wild Rice Broccoli and Cauliflower</p> <p>500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>18 Over 90 Party</p> <p>Roast Turkey Mashed Potatoes Green Beans Cranberry Sauce</p> <p>600 cal. 26g fat 75 carb 12g fiber 10g sugar 39g pro. 713 mg sod.</p>	<p>19</p> <p>Breakfast 7:00 am to 1:00 pm Waffles Available</p> <p>Ala Carte Sandwiches</p>
<p>20</p> <p>BBQ Ribs Baked Potatoes Normandy Blend</p> <p>1,105 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p>21</p> <p>Pacific Wild Caught Cod Mashed Potatoes Broccoli</p> <p>500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>22 Breakfast to 1:00 BF Burritos Available</p> <p>Chicken Scampi over Angel Hair Pasta Glazed Carrots / Peaches</p> <p>403 cal. 7.7g fat 47g carbs 25g prot. 130mg sodium 5g sugar 3.8g fiber</p>	<p>23 Movie Day</p> <p>Liver & Onions or Salisbury Steak Mashed Potatoes Cauliflower</p> <p>656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod. Steak Roast at VFW</p>	<p>24 Health Odyssey Lunch served at 11:30 RSVP Required</p> <p>Pineapple Ham Au Gratin Potatoes California Mix / Salad</p> <p>896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.</p>	<p>25</p> <p>Beef Tips Over Noodles Harvard Beets Fresh Fruit</p> <p>765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1189mg sod.</p>	<p>26</p> <p>Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches</p>
<p>27 \$5 Special</p> <p>Baked Salmon or Baked Chicken Fresh Fruit / Salad Crisp and Ice Cream</p> <p>360 cal. 12g fat 255 sod. 35g prot 5g fiber 13g sugar</p>	<p>28</p> <p>Pork Chop & Sauerkraut Red Skins Potatoes Green Beans Homemade Applesauce</p> <p>683 cal. 15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p>	<p>29</p> <p>Spaghetti & Meat Sauce Garlic Bread Peaches in own juice</p> <p>780 cal. 25g fat 91 carb 9g fiber 6g sugar</p>	<p>30 Tigers Game</p> <p>Marinated Chicken Breast or Legs Baked Potato Cauliflower</p> <p>583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod.</p>	<p>31 End of Month Special—\$2.00</p> <p>Chicken Noodle or Cream of Tomato Soup Sloppy Joe or Grilled Cheese Sandwich Dessert</p>	<p>Monroe Center meals are open to the public.</p> <p>Menu subject to change.</p>  <p>Monroe Center <i>for Healthy Aging</i></p>	