

<p>1 Bingo</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>2 Ford Retirees</p> <p>Pacific Wild Caught Cod Mashed Potatoes Normandy Blend</p> <p>500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>3</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>4 Birthday Dinner</p> <p>Open Faced Turkey Sandwiches Mashed Potatoes Peas and Carrots Cake and Ice Cream</p> <p>600 cal. 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 mg sod.</p>	<p>5</p> <p>Spaghetti & Meat Sauce Green Beans Garlic Bread Peaches in own juice</p> <p>780 cal. 25g fat 91 carb 9g fiber 6g sugar</p>	<p>6</p> <p>Marinated Chicken Breast Baked Potato Carrots</p> <p>583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod.</p>	<p>7</p> <p>Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches</p>
<p>8</p> <p>Roast Beef Mashed Potatoes Green Beans Fresh Peaches</p> <p>1,105 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p>9 MB&T Retirees</p> <p>Sweet & Sour Pork Brown Rice Stir Fry Vegetables</p> <p>650 cal. 18g fat 94 carb 9g fiber 24g sugar 25g pro. 904mg sod.</p>	<p>10 SMCC Class of '58</p> <p>Breakfast to 1:00 BF Burritos Available</p> <p>Chicken Ala King / Biscuits Celery Salad / Fruit Nat'l Angel Food Cake Day</p> <p>469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.</p>	<p>11</p> <p>Taco Salad in a Shell Spanish Rice with Stewed Tomatoes Refried Beans</p> <p>906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod</p>	<p>12</p> <p>BBQ Beef Sandwich French Fries Vinegar Cole Slaw</p> <p>1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>13</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>14</p> <p>Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches</p>
<p>15</p> <p>Homemade Chicken Cordon Bleu Sweet Potatoes Normandy Blend</p> <p>564 cal. 20g fat 46carb 2g fiber 4g sugar 46g protein 932mg sod</p>	<p>16</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>17 Holcim Breakfast</p> <p>Chicken or Beef Pot Pie Broccoli Salad Fresh Fruit</p> <p>695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium</p>	<p>18 Class of '67 Breakfast</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>19</p> <p>Turkey Chili Homemade Roll Cottage Cheese with 1/4 cup Pineapple</p> <p>449 cal. 14g fat 9 fiber 39 carb 44g protein 945 sodium 6g sugar</p>	<p>20 Music with ???</p> <p>\$6 Fall Food Fundraiser</p> <p>Roast Pork Loin With Potatoes, Carrots, Apples and Onions Butternut Squash Baked Apples for Dessert</p>	<p>21 Jones Transfer</p> <p>Breakfast 7:00 am to 1:00 pm Waffles Available</p> <p>Ala Carte Sandwiches</p>
<p>22 Special Bingo</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>23</p> <p>Baked Salmon Red Skin Potatoes Broccoli</p> <p>500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>24 Breakfast to 1:00 BF Burritos Available</p> <p>Chicken & Spinach Lasagna Rolls Cottage Cheese with Pears</p> <p>653 cal. 21g fat 49carb 8g fiber 9g sugar 20g prot. 1,374mg sod</p>	<p>25 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.</p>	<p>26 Health Odyssey Lunch served at 11:30 RSVP Required</p> <p>Pepper Steak over Brown and Wild Rice Snow Peas / Fresh Fruit</p> <p>596 cal. 18g fat 61carb 4g fiber 10g sugar 28g protein 1,289mg sod</p>	<p>27</p> <p>Chicken Noodle Casserole Green Beans Peaches and Pears</p> <p>717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g pro- tein 948mg sodium</p>	<p>28</p> <p>Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches</p>
<p>29 \$5 Special</p> <p>Pineapple Ham Au Gratin Potatoes Ca. Mix/ Salad Crisp & Ice Cream</p> <p>896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.</p>	<p>30</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>31 End of Month Special—\$2.00</p> <p>Squash Soup or Chicken Tortilla Soup Sloppy Joe or Grilled Cheese Sandwich Halloween Dessert  Music with Tom Slatton</p>	 <p>Monroe Center <i>for Healthy Aging</i></p> <p>734-241-0404</p>	<p>October</p> <p>2017</p>	<p>Monroe Center meals are open to the public.</p> <p>Menu subject to change.</p>	