

# August

## 2018

**Monroe Center**  
meals are open to  
the **public.**  
**Menu subject to**  
**change.**  
**734-241-0404**

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|--|--|---|--|--|
| <p><b>5</b></p> <p>Pork Roast<br/>Red Skin Potatoes<br/>California Mix<br/>Applesauce<br/>503 cal. 18g fat 65 carb<br/>9g fiber 4g sugar<br/>31g pro. 749mg sodium</p>   | <p><b>6 Ford Retirees</b></p> <p>Chicken &amp; Spinach<br/>Lasagna Rolls<br/>Broccoli<br/>Pears<br/>453 cal. 11g fat 49carb<br/>8g fiber 9g sugar<br/>17g prot. 1,374mg sod</p>        | <p><b>7</b></p> <p>Shrimp and Snap Peas<br/>with linguini pasta<br/>Celery Salad<br/>403 cal. 7.7g fat 47g carbs<br/>25g prot. 130gm sodium<br/>.5g sugar 3.8g fiber</p>  | <p><b>8</b></p> <p>Beef Tips Over Noodles<br/>Harvard Beets<br/>Fresh Fruit<br/>765 cal. 4g fat 78 carb<br/>10g fiber 12g sugar<br/>28g pro. 1189mg sod.</p>   | <p><b>9 Rummage &amp; Bake</b></p> <p>Hot Turkey Rueben<br/>Sandwiches on Rye<br/>French Fries<br/>Fresh Fruit<br/>759 cal. 36.g fat 69 carb.<br/>7g fiber 6g sugar 40g protein</p>  |
| <p><b>12</b></p> <p>Roast Beef<br/>Mashed Potatoes<br/>Green Peas<br/>1,105 cal. 48 g fat 133<br/>carb 10g fiber 20g sugar<br/>41g pro 1,117 mg sod</p>  | <p><b>13</b></p> <p>Taco Salad in a Shell<br/>Spanish Rice<br/>Refried Beans<br/>Watermelon Chunks<br/>906 cal. 29g fat 133carb 12g<br/>fiber 4g sugar 34g protein<br/>1,838mg sod</p> | <p><b>14 Breakfast to 1:00</b><br/><b>BF Burritos Available</b><br/><b>SMCC Class of '58</b></p> <p>Stuffed Cabbage<br/>Mashed Potatoes<br/>Stewed Tomatoes<br/>Pineapple Chunks<br/>665 cal. 23g fat<br/>59 carb 52g protein</p> | <p><b>15 Class of '67 Breakfast</b><br/><b>Class of '68 Lunch</b><br/><b>\$6 Fundraiser</b><br/><b>with Music by Dave R.</b></p> <p>BBQ Beef Sandwich<br/>Potato Salad<br/>Baked Beans<br/>Dessert</p> | <p><b>16</b></p> <p>Pork Chop &amp; Sauerkraut<br/>Red Skins Potatoes<br/>Green Beans<br/>Applesauce<br/>683 cal.15g fat 4 carb 12g<br/>fiber 4g sugar 27g pro.<br/>1,655mg sod</p>  |
| <p><b>1 Birthday Dinner</b></p> <p>Roast Turkey<br/>Sweet Potatoes<br/>Green Beans<br/>Cranberry Sauce<br/>Birthday Cake &amp; Ice Cream<br/>600 cal. 26g fat 75 carb 12g fiber<br/>10g sugar 39g pro. 713 mg sod.</p> | <p><b>2</b></p> <p>Cornmeal Oven<br/>Fried Chicken<br/>Country Potatoes<br/>Glazed Carrots<br/>Cal 343 Sod-334mg<br/>Carb 37g Protein 25g</p>  | <p><b>3</b></p> <p>Beef Enchiladas<br/>Spanish Rice<br/>Refried Beans<br/>906 cal. 29g fat 133carb<br/>12g fiber 4g sugar<br/>34g protein 1,838mg sod</p>   | <p><b>4</b></p> <p>Breakfast<br/>7:00 am to 1:00 pm<br/>Ala Carte<br/>Sandwiches</p>   | <p><b>10 Rummage &amp; Bake</b></p> <p>Goulash<br/>Corn<br/>Broccoli Salad<br/>518 cal. 11g fat 78 carb 10g<br/>fiber 25g sugar<br/>31g protein 1,122 mg sod</p>   |
| <p><b>19</b></p> <p>Marinated Grilled<br/>Chicken Breast<br/>Baked Potato<br/>Normandy Blend<br/>Vegetables<br/>583cal. 23g fat 70 carb 6g<br/>fiber 40g pro 415 mg sod</p>  | <p><b>20</b></p> <p>Pineapple Ham<br/>Au Gratin Potatoes<br/>California Mix<br/>896 cal. 3g fat 83 carb<br/>9g fiber 6g sugar<br/>30g pro 1,761mg sod.</p>                             | <p><b>21</b></p> <p>Pork Chop in Mushroom<br/>Gravy<br/>Mashed Potatoes<br/>Mixed Vegetables<br/>683 cal.15g fat 4 carb 12g fiber<br/>4g sugar 27g pro. 1,655mg sod</p>   | <p><b>22 Movie Day</b></p> <p>Salsa Meat Loaf<br/>Mashed Potatoes<br/>Broccoli<br/>464 cal. 30g fat 29 carb 15g fiber<br/>12g sugar 30g pro. 369 mg sod-<br/>um</p>                                    | <p><b>23</b></p> <p>USA Wild Caught Cod<br/>Brown and Wild Rice<br/>Harvard Beets<br/>500 cal. 15g fat 66 carb<br/>4g fiber 10 sugar 31g pro.<br/>869mg sodium</p>   |
| <p><b>26 \$5 Special</b></p> <p>Baked Salmon<br/>Sweet Potatoes<br/>Calif. Mix Vegetables<br/>Side Salad<br/>Cobbler &amp; Ice Cream</p>   | <p><b>27</b></p> <p>Chicken Bruschetta<br/>Country Potatoes<br/>Mixed Vegetables<br/>858cal. 51g fat 65 carb<br/>7g fiber 5g sugar<br/>39g protein 1,278 mg sod.</p>                   | <p><b>24 Over 90 Party</b></p> <p>Roast Beef<br/>Mashed Potatoes<br/>Green Beans<br/>Birthday Cake &amp; Ice Cream<br/>1,105 cal. 48 g fat 133 carb<br/>10g fiber 20g sugar 41g pro<br/>1,117 mg sod</p>                          | <p><b>25</b></p> <p>Breakfast<br/>7:00 am to 1:00 pm<br/>Ala Carte<br/>Sandwiches</p>  | <p><b>30 Health Odyssey</b><br/><b>Lunch served at 11:30</b><br/><b>RSVP Requested</b></p> <p>Low fat Baked Chicken<br/>Baked Potatoes<br/>Normandy Vegetables<br/>880 cal. 23g fat 127carb 12gfiber<br/>47g sugar 40g pro 1,211 mg sod.</p> |
| <p><b>31 End of Month Special — \$2.00</b></p> <p>Vegetable Beef or<br/>Broccoli Soup<br/>Chicken Salad or BLT<br/>Sandwich<br/>Dessert</p>  | <p><b>31 End of Month Special — \$2.00</b></p> <p>Vegetable Beef or<br/>Broccoli Soup<br/>Chicken Salad or BLT<br/>Sandwich<br/>Dessert</p>  | <p><b>17 Dale Zorn</b></p> <p>Baked Salmon<br/>Brown and Wild Rice<br/>Broccoli and Cauliflower<br/>500 cal. 15g fat 66 carb<br/>4g fiber 10 sugar 31g pro.<br/>869mg sodium</p>  | <p><b>18</b></p> <p>Breakfast<br/>7:00 am to 1:00 pm<br/>Ala Carte<br/>Sandwiches</p>  | <p><b>31 End of Month Special — \$2.00</b></p> <p>Vegetable Beef or<br/>Broccoli Soup<br/>Chicken Salad or BLT<br/>Sandwich<br/>Dessert</p>  |

