

August

2018

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

<p>5</p> <p>Pork Roast Red Skin Potatoes California Mix Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>	<p>6 Ford Retirees</p> <p>Chicken & Spinach Lasagna Rolls Broccoli Pears 453 cal. 11g fat 49carb 8g fiber 9g sugar 17g prot. 1,374mg sod</p>	<p>12</p> <p>Roast Beef Mashed Potatoes Green Peas 1,105 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p>19</p> <p>Marinated Grilled Chicken Breast Baked Potato Normandy Blend Vegetables 583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod</p>	<p>26 \$5 Special</p> <p>Baked Salmon Sweet Potatoes Calif. Mix Vegetables Side Salad Cobbler & Ice Cream</p>	<p>1 BirthDay Dinner</p> <p>Roast Turkey Sweet Potatoes Green Beans Cranberry Sauce BirthDay Cake & Ice Cream 600 cal. 26g fat 75 carb 12g fiber 10g sugar 39g pro. 713 mg sod.</p>	<p>8</p> <p>Beef Tips Over Noodles Harvard Beets Fresh Fruit 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1189mg sod.</p>	<p>14 Breakfast to 1:00 BF Burritos Available SMCC Class of '58</p> <p>Stuffed Cabbage Mashed Potatoes Stewed Tomatoes Pineapple Chunks 665 cal. 23g fat 59 carb 52g protein</p>	<p>21</p> <p>Pork Chop in Mushroom Gravy Mashed Potatoes Mixed Vegetables 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p>	<p>28 Breakfast to 1:00 BF Burritos Available</p> <p>Sweet & Sour Pork Brown Rice Stir Fry Vegetables 650 cal. 18g fat 94 carb 9g fiber 24g sugar 25g pro. 904mg sod.</p>	<p>2</p> <p>Cornmeal Oven Fried Chicken Country Potatoes Glazed Carrots Cal 343 Sod-334mg Carb 37g Protein 25g</p>	<p>9 Rummage & Bake</p> <p>Hot Turkey Rueben Sandwiches on Rye French Fries Fresh Fruit 759 cal. 36.g fat 69 carb. 7g fiber 6g sugar 40g protein</p>	<p>16</p> <p>Pork Chop & Sauerkraut Red Skins Potatoes Green Beans Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p>	<p>22 Movie Day</p> <p>Salsa Meat Loaf Mashed Potatoes Broccoli 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod- um</p>	<p>29 Steak Roast at 5pm</p> <p>Beef Stew Homemade Cornbread Cottage Cheese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.</p>	<p>3</p> <p>Beef Enchiladas Spanish Rice Refried Beans 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod</p>	<p>10 Rummage & Bake</p> <p>Goulash Corn Broccoli Salad 518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod</p>	<p>17 Dale Zorn</p> <p>Baked Salmon Brown and Wild Rice Broccoli and Cauliflower 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>23</p> <p>USA Wild Caught Cod Brown and Wild Rice Harvard Beets 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>30 Health Odyssey Lunch served at 11:30 RSVP Requested</p> <p>Low fat Baked Chicken Baked Potatoes Normandy Vegetables 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.</p>	<p>4</p> <p>Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches</p>	<p>11</p> <p>Breakfast 7:00 am to 1:00 pm Waffles Available Ala Carte Sandwiches</p>	<p>18</p> <p>Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches</p>	<p>25</p> <p>Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches</p>	<p>31 End of Month Special — \$2.00</p> <p>Vegetable Beef or Broccoli Soup Chicken Salad or BLT Sandwich Dessert</p>
--	---	---	---	--	---	--	---	---	---	---	---	---	--	---	---	--	---	--	---	--	--	---	---	---

