



December 2018



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

1
Breakfast
7:00 am to 1:00 pm
Ala Carte
Sandwiches

2
Pork Roast
Red Skin Potatoes
California Mix
Applesauce
503 cal. 18g fat 65 carb
9g fiber 4g sugar
31g pro. 749mg sodium

3
Homemade Chicken
Cordon Bleu
Country Potatoes
Normandy Blend
564 cal. 20g fat 46carb 2g
fiber 4g sugar 46g protein
932mg sod

4
Stuffed Peppers
Mashed Potatoes
Stewed Tomatoes
Pineapple Chunks
665 cal. 23g fat
59 carb 52g protein

5 Birthday Dinner
Open Faced Beef
Sandwiches
Mashed Potatoes
Peas
Birthday Cake & Ice Cream
600 cal. 26g fat 75 carb
12g fiber 10g sugar 39g prot.
1,713 mg sod.

6
Chicken Ala King
over Biscuits
Celery Salad
469 cal. 19g fat 82 carb
11g fiber 10g sugar
10g pro. 689 mg sod.

7 Dinner & Music 🎵
Spaghetti with Meat
Sauce
Green Beans
Garlic Bread
780 cal. 25g fat 91 carb
9g fiber 6g sugar

8
Breakfast
7:00 am to 1:00 pm
Waffles Available
Ala Carte
Sandwiches

9 MHS Orchestra
Roast Beef
Mashed Potatoes
Green Peas
1,105 cal. 48 g fat 133
carb 10g fiber 20g sugar
41g pro 1,117 mg sod

10
Low Fat Baked Chicken
Baked Potatoes
Normandy Vegetables
880 cal. 23g fat 127carb
12g fiber 47g sugar 40g pro
1,211 mg sod.

11 SMCC Class of '58
Breakfast 11-1:00
BF Burritos Available
Chicken & Spinach
Lasagna Rolls
Broccoli
Pears
453 cal. 11g fat 49carb
8g fiber 9g sugar
17g prot. 1,374mg sod

12 Class of '67 Breakfast
Class of '68 Lunch
Beef Stew
Homemade Cornbread
Cottage Cheese
621 cal. 14g fat 78 carb
4g fiber 5g sugar 46g prot.
1,328mg sod.

13 Health Odyssey
Lunch served at 11:30
RSVP Requested
Baked Salmon
Red Skin Potatoes
Cauliflower
Side Salad / Dessert
500 cal. 15g fat 66 carb 4g
fiber 10 sugar 31g pro. 869mg
sodium

14
Beef Tips Over Noodles
Harvard Beets
Peaches
765 cal. 4g fat 78 carb
10g fiber 12g sugar
28g pro. 1189mg sod.

15
Breakfast
7:00 am to 1:00 pm
Ala Carte
Sandwiches

16
Roast Turkey
Sweet Potatoes
Green Beans
Cranberry Sauce
600 cal. 26g fat 75 carb
12g fiber 10g sugar 39g
pro. 713 mg sod.

17 Holiday Fundraiser
with Tom Treece—\$6.⁰⁰
Pineapple Ham
Au Gratin Potatoes
California Mix / Salad
Dessert
896 cal. 3g fat 83 carb 9g fiber 6g
sugar 30g pro 1,761mg sod.

18
Pork Chop & Sauerkraut
Red Skins Potatoes
Cauliflower
683 cal. 15g fat 4 carb 12g
fiber 4g sugar 27g pro.
1,655mg sod

19
Chili
Corn Bread
Cottage Cheese
665 cal. 23g fat 59 carbs
52 protein

20
Marinated Chicken
Breast
Baked Potato
Broccoli
583cal. 23g fat 70 carb 6g
fiber 40g pro 415 mg sod.

21
Liver & Onions or
Salisbury Steak
Mashed Potatoes
Carrots
656 cal. 34g fat 76 carb 8g fiber
8g sugar 29g protein 1,548 sod.

22
Breakfast
7:00 am to 1:00 pm
Ala Carte
Sandwiches

23
Salsa Meat Loaf
Mashed Potatoes
Corn
464 cal. 30g fat 29 carb
15g fiber 12g sugar 30g
pro. 369 mg sod.

24
Sloppy Joes
Oven Baked Fries
Baked Beans
961 cal. 36g fat 65 carb
16g fiber 19g sugar 87g pro
3,079mg sod.

25 Christmas Day
Spiral Ham
Au Gratin Potatoes
California Mix / Salad
Rolls
Dessert
896 cal. 3g fat 83 carb 9g fiber
6g sugar 30g pro 1,761mg sod.

26 Movie Day
USA Wild Caught Cod
Brown and Wild Rice
Green Bean Casserole
600 cal. 15g fat 66 carb
4g fiber 10 sugar 31g pro.
969mg sodium

27
Tuna Noodle Casserole
Green Peas
Pears
717 cal. 35g fat 77 carbs.
7g fiber 33g sugar
23g protein 948mg sodium

28 End of Month
Special — \$2.00
Pumpkin Potato Soup or
Vegetable Beef Soup
Sliced Turkey or Grilled
Cheese Sandwich
Dessert

29
Breakfast
7:00 am to 1:00 pm
Ala Carte
Sandwiches