



My Dear Valentine

If the sun refused to shine
If romance ran out of rhyme
You would still have my heart

Till the end of time...



<p>1 Chicken Parmesan Spaghetti Squash Spaghetti Cauliflower 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro. 1,278 mg sod.</p>		<p>2 Open Faced Beef Sandwiches Mashed Potatoes Peas and Carrots 600 cal. 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 mg sod.</p>		<p>3 Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches</p>		
<p>4 Bingo Pork Roast Red Skin Potatoes Butternut Squash Applesauce 503 cal. 18g fat 59 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>	<p>5 Ford Retirees Chicken Ala King over Biscuits Celery Salad Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.</p>	<p>6 Pacific Wild Caught Cod Mashed Potatoes Harvard Beets 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>7 Birthday Dinner Marinated Chicken Breast Baked Potato Broccoli Cake and Ice Cream 583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod.</p>	<p>8 Rummage & Bake BBQ Chicken Sandwiches Sweet Potato Wedges Cauliflower 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>9 Rummage & Bake Pork Chop & Sauerkraut Red Skins Potatoes Green Beans Homemade Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p>	<p>10 Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches</p>
<p>11 Roast Beef Mashed Potatoes Green Beans Peaches 1,105 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p>12 Shepherd's Pie Broccoli Salad Peaches 596 cal. 23g fat 75 carb 4g fiber 20g sugar 33g protein 748mg sodium</p>	<p>13 SMCC Class of '58 Breakfast to 1:00 BF Burritos Available Cornmeal Oven Fried Chicken Red Skin Potatoes Glazed Carrots Cal-343 Sod-334mg Carb 37g Protein 25g</p>	<p>14 Ash Wednesday Valentine's Day with Music by Dave R. Baked Salmon Brown and Wild Rice Brussels Sprouts 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>15 Beef Stew Multigrain Bread Cottage Cheese 665 cal. 14g fat 78 carb 49g protein</p>	<p>16 Tuna Noodle Casserole Green Peas Peaches 717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g protein 948mg sodium</p>	<p>17 Breakfast 7:00 am to 1:00 pm Waffles Available Ala Carte Sandwiches</p>
<p>18 Homemade Chicken Cordon Bleu Mashed Potatoes Normandy Blend 564 cal. 20g fat 46carb 2g fiber 4g sugar 46g protein 932mg sod</p>	<p>19 Beef Tips Over Noodles Harvard Beets Fresh Fruit 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1189mg sod.</p>	<p>20 Taco Salad in a Shell Spanish Rice with Stewed Tomatoes Refried Beans 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod</p>	<p>21 Class of '67 Breakfast Liver & Onions or Salisbury Steak Mashed Potatoes Butternut Squash 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.</p>	<p>22 Health Odyssey Lunch served at 11:30 RSVP Required Chicken Bruschetta Country Potatoes Mixed Vegetables / Salad Ice Cream 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g prot 1,278 mg sod.</p>	<p>23 Meat or Vegetable Lasagna Garlic Bread Cauliflower 616 cal. 26g fat 41 carb 7g fiber 2g sugar 32g protein 757mg sod</p>	<p>24 Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches Jones Transfer</p>
<p>25 \$5 Special Spiral Ham Au gratin Potatoes Broccoli / Side Salad Crisp / Ice Cream 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.</p>	<p>26 Turkey Mashed Sweet Potatoes Green Beans Cranberry Sauce 600 cal. 26g fat 75 carb 12g fiber 10g sugar 39g pro. 713 mg sod.</p>	<p>27 Breakfast to 1:00 Salsa Meat Loaf Mashed Potatoes Green Peas 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.</p>	<p>28 End of Month Special—\$2.00 Vegetable Beef or Bean with Ham Soup Grilled Cheese or Egg Salad Sandwich Dessert Movie Day</p>	<p>February 2018</p>		<p>Monroe Center meals are open to the public. Menu subject to change. 734-241-0404</p>