


<p>31 \$5 Special 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>1 New Year's Day Pot Luck 11:00 to 12:30 Center Open 7:00 to 2:00</p>	<p>2 BBQ Pork Sandwich French Fries Cole Slaw 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>3 Birthday Dinner Homemade Chicken Cordon Bleu Mashed Potatoes Normandy Blend Cake and Ice Cream 564 cal. 20g fat 46carb 2g fiber 4g sugar 46g protein 932mg sod</p>	<p>4 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>5 Pepper Steak over Brown and Wild Rice Stir Fry Vegetables / Fruit 596 cal. 18g fat 61carb 4g fiber 10g sugar 28g protein 1,289mg sod</p>	<p>6 Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches</p>
<p>7 Bingo Pork Roast Red Skin Potatoes Cauliflower Applesauce 503 cal. 18g fat 59 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>	<p>8 Ford Retirees Chicken or Beef Pot Pie Broccoli Salad Fresh Fruit 695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium</p>	<p>9 SMCC Class of '58 Breakfast to 1:00 BF Burritos Available Beef Stew Multigrain Bread Cottage Cheese & Peaches 665 cal. 14g fat 78 carb 49g protein</p>	<p>10 MCHD Presentation Beef Tips Over Noodles Harvard Beets / Salad Fresh Fruit 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1189mg sod.</p>	<p>11 Music and \$6 Fundraiser Chili Cook-Off Rolls Pears and Dessert Come try the chef's specialties!</p>	<p>12 Chicken Bruschetta Country Potatoes Mixed Vegetables 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod.</p>	<p>13 Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches</p>
<p>14 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>15 Meat Lasagna Garlic Bread Cauliflower 616 cal. 26g fat 41 carb 7g fiber 2g sugar 32g protein 757mg sod</p>	<p>16 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>17 Class of '67 Breakfast Marinated Chicken Breast Baked Potato Broccoli 583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod.</p>	<p>18 Pacific Wild Caught Cod Mashed Sweet Potatoes Harvard Beets 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>19 Pineapple Ham Au Gratin Potatoes California Mix 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.</p>	<p>20 Breakfast 7:00 am to 1:00 pm Waffles Available Ala Carte Sandwiches</p>
<p>21 BBQ Ribs Baked Potatoes Normandy Blend 1,105 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p>22 Shrimp and Snap Peas with linguini pasta Celery Salad Pears 403 cal. 7.7g fat 47g carbs 25g prot. 130gm sod .5g sugar 3.8g fiber</p>	<p>23 Breakfast to 1:00 Chicken Noodle Casserole Green Peas Peaches 717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g protein 948mg sodium</p>	<p>24 Movie Day Stuffed Peppers Mashed Potatoes Stewed Tomatoes Pineapple Chunks 665 cal. 23g fat 59 carb 52g protein</p>	<p>25 Health Odyssey Lunch served at 11:30 RSVP Required Turkey / Mashed Potatoes Green Beans Cranberry Sauce 600 cal. 26g fat 75 carb 12g fiber 10g sugar 39g pro. 713 mg sod.</p>	<p>26 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>27 Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches</p>
<p>28 \$5 Special Spiral Ham Au gratin Potatoes Green Beans Side Salad Crisp / Ice Cream 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.</p>	<p>29 Baked Salmon Brown and Wild Rice Broccoli 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>30 Salsa Meat Loaf Mashed Potatoes Green Peas 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.</p>	<p>31 End of Month Special—\$2.00 Broccoli or Chicken Tortilla Soup Tuna Salad or Ham and Cheese Sandwich Dessert</p>	 <p>January 2018</p>		<p>Monroe Center meals are open to the public. Menu subject to change. 734-241-0404</p>