

<p><b>1</b></p> <p>Marinated Grilled Chicken Breast Baked Potato Normandy Blend Vegetables</p> <p>583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod.</p>	<p><b>2 Ford Retirees</b></p> <p>Sweet &amp; Sour Pork Brown Rice Stir Fry Vegetables</p> <p>650 cal. 18g fat 94 carb 9g fiber 24g sugar 25g pro. 904mg sod.</p>	<p><b>3</b></p> <p>Chicken Ala King over Biscuits Celery Salad Fruit</p> <p>469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.</p>	<p><b>4</b></p> <p><b>4th of July Potluck</b> 11:00 to 12:30</p> <p>Center Open 7:00 a.m. to 3:00 p.m.</p>	<p><b>5</b></p> <p>Goulash Corn Applesauce</p> <p>518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod</p>	<p><b>6</b></p> <p>Shepherd's Pie Broccoli Salad Peaches</p> <p>596 cal. 23g fat 75 carb 4g fiber 20g sugar 33g protein 748mg sodium</p>	<p><b>7</b></p> <p>Breakfast 7:00 am to 1:00 pm</p> <p>Ala Carte Sandwiches</p>
<p><b>8</b></p> <p>Pork Roast Red Skin Potatoes California Mix Applesauce</p> <p>503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>	<p><b>9</b></p> <p>Cornmeal Oven Fried Chicken Country Potatoes Glazed Carrots</p> <p>Cal 343 Sod-334mg Carb 37g Protein 25g</p>	<p><b>10 SMCC Class of '58 Breakfast to 1:00 BF Burritos Available</b></p> <p>Tuna Noodle Casserole Green Peas / Peaches</p> <p>717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g protein 948mg sodium</p>	<p><b>11 Birthday Dinner</b></p> <p>Pork Chop in Mushroom Gravy Mashed Potatoes Mixed Vegetables Birthday Cake &amp; Ice Cream</p> <p>683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p>	<p><b>12</b></p> <p>Taco Salad in a Shell Spanish Rice with Stewed Tomatoes Refried Beans</p> <p>906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod</p>	<p><b>13 Toby Keith Show</b></p> <p>USA Wild Caught Cod Brown and Wild Rice Harvard Beets</p> <p>500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p><b>14</b></p> <p>Breakfast 7:00 am to 1:00 pm <b>Waffles Available</b></p> <p>Ala Carte Sandwiches</p>
<p><b>15</b></p> <p>Roast Beef Mashed Potatoes Corn Pineapple</p> <p>1,105 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p><b>16</b></p> <p>Low fat Baked Chicken Baked Potatoes Normandy Blend Vegetables</p> <p>880 cal. 23g fat 127 carb 12g fiber 47g sugar 40g prot. 1,211 mg sod.</p>	<p><b>17</b></p> <p>Stuffed Peppers Mashed Potatoes Stewed Tomatoes Pineapple Chunks</p> <p>665 cal. 23g fat 59 carb 52g protein</p>	<p><b>18 Class of '67 Breakfast Class of '68 Lunch</b></p> <p>Spaghetti with Meat Sauce Green Beans Garlic Bread / Fresh Fruit</p> <p>780 cal. 25g fat 91 carb 9g fiber 6g sugar</p>	<p><b>19 \$6 Fundraiser w/ music by Balancing Earth</b></p> <p>BBQ Chicken Sandwiches Sweet Potato Fries Corn on the Cob Dessert</p> <p>1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p><b>20</b></p> <p>Chicken Bruschetta Country Potatoes Mixed Vegetables</p> <p>858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod.</p>	<p><b>21</b></p> <p>Breakfast 7:00 am to 1:00 pm</p> <p>Ala Carte Sandwiches</p>
<p><b>22</b></p> <p>Roast Turkey Sweet Potatoes Green Beans Cranberry Sauce</p> <p>600 cal. 26g fat 75 carb 12g fiber 10g sugar 39g pro. 713 mg sod.</p>	<p><b>23</b></p> <p>Salsa Meat Loaf Mashed Potatoes Broccoli</p> <p>464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sodium</p>	<p><b>24 Breakfast to 1:00 BF Burritos Available</b></p> <p>Chicken Scampi over Angel Hair Pasta Glazed Carrots / Peaches</p> <p>403 cal. 7.7g fat 47g carbs 25g prot. 130 gm sodi 5g sugar 3.8g fiber</p>	<p><b>25 Health Odyssey Lunch served at 11:30 RSVP Requested Movie Day</b></p> <p>Baked Salmon Mashed Sweet Potatoes California Mix Vegetables</p> <p>500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p><b>26</b></p> <p>Open Faced Roast Beef Sandwich Mashed Potatoes Peas / Side Salad / Fruit</p> <p>600 cal. 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 mg sod.</p>	<p><b>27</b></p> <p>Chicken Parmesan Spaghetti Squash Spaghetti Cauliflower</p> <p>858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro. 1,278 mg sod.</p> <p><b>Duck Burger Tribute</b></p>	<p><b>28</b></p> <p>Breakfast 7:00 am to 1:00 pm</p> <p>Ala Carte Sandwiches</p>
<p><b>29 \$5 Special</b></p> <p>Spiral Ham Au Gratin Potatoes California Mix Fresh Fruit Side Salad Cobbler &amp; Ice Cream</p>	<p><b>30</b></p> <p>Beef Stew Homemade Cornbread Cottage Cheese</p> <p>621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g protein 1,328mg sod.</p>	<p><b>31 End of Month Special — \$2.00</b></p> <p>Broccoli or Chicken Tortilla Soup Tuna Salad or Ham and Cheese Sandwich Dessert</p>	<p><b>Monroe Center</b> meals are open to the public. Menu subject to change. 734-241-0404</p>	 <p><b>July</b> <b>2018</b></p> <p><b>Monroe Center</b> <i>for Healthy Aging</i></p>		