

June 2018



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

1
Chili
Multigrain Bread
Cottage Cheese & Peaches

665 cal. 23g fat
59 carb 52g protein

2
Breakfast
7:00 am to 1:00 pm
Ala Carte
Sandwiches

Car Show

3 Coin Show

Pork Roast
Red Skin Potatoes
California Mix
Applesauce

503 cal. 18g fat 65 carb
9g fiber 4g sugar
31g pro. 749mg sodium

4 Ford Retirees

Pepper Steak over
Brown and Wild Rice
Stir Fry Vegetables
Fresh Fruit

596 cal. 18g fat 61carb
4g fiber 10g sugar
28g protein 1,289mg sod

5

Chicken Bruschetta
Country Potatoes
Mixed Vegetables

858cal. 51g fat 65 carb
7g fiber 5g sugar 39g protein
1,278 mg sod.

6 Birthday Dinner

Open Faced Beef Sandwich
Mashed Potatoes
Peas
Birthday Cake & Ice Cream

600 cal. 26g fat 75 carb
12g fiber 10g sugar 39g prot.
1,713 mg sod.

7

Baked Salmon
Mashed Sweet Potatoes
California Mix Vegetables

500 cal. 15g fat 66 carb
4g fiber 10 sugar 31g pro.
869mg sodium

8

Chicken or Beef
Enchiladas
Spanish Rice
Refried Beans

906 cal. 29g fat 133carb
12g fiber 4g sugar
34g protein 1,838mg sod

9

Breakfast
7:00 am to 1:00 pm
Waffles Available

Ala Carte
Sandwiches

10

Roast Beef
Mashed Potatoes
Butternut Squash
Pineapple

1,105 cal. 48 g fat 133
carb 10g fiber 20g sugar
41g pro 1,117 mg sod

11

Shrimp and Snap Peas
with linguini pasta
Celery Salad / Pears

403 cal. 7.7g fat
47g carbs 25g prot.
130gm sodium .5g sugar
3.8g fiber

12 SMCC Class of '58
Breakfast to 1:00
BF Burritos Available

Beef Stroganoff
Harvard Beets / Fresh Fruit

870 cal. 47g fat 28 carb
4g fiber 39g pro. 640mg sod.

13

Pork Chop in Mushroom
Gravy
Red Skins Potatoes
Mixed Vegetables
Homemade Applesauce

683 cal.15g fat 4 carb 12g fiber
4g sugar 27g pro. 1,655mg sod

14 Flag Day & Music

Spaghetti with Meat
Sauce 
Green Beans
Garlic Bread
Fresh Fruit

780 cal. 25g fat 91 carb
9g fiber 6g sugar

15

Marinated Chicken
Breast
Baked Potato
Normandy Blend Veggies

583cal. 23g fat 70 carb 6g
fiber 40g pro 415 mg sod.

16 Jones Transfer

Breakfast
7:00 am to 1:00 pm

Ala Carte
Sandwiches

17

Roast Turkey
Sweet Potatoes
Green Beans
Cranberry Sauce

600 cal. 26g fat 75 carb
12g fiber 10g sugar 39g
pro. 713 mg sod.

18

Beef Stew
Homemade Cornbread
Cottage Cheese

621 cal. 14g fat 78 carb
4g fiber 5g sugar
46g protein 1,328mg sod.

19

Low fat Baked Chicken
Baked Potatoes
Normandy Blend
Vegetables

880 cal. 23g fat 127 carb 12g
fiber 47g sugar 40g prot.
1,211 mg sod.

20 Class of '67 Breakfast
Class of '68 Lunch

BBQ Chicken
Sandwiches
Sweet Potato Fries
Celery Salad

1,088 cal. 46g fat
98 carb 15g fiber 18g sugar

21 Card Party

USA Wild Caught Cod
Brown and Wild Rice
Harvard Beets

500 cal. 15g fat 66 carb
4g fiber 10 sugar 31g pro.
869mg sodium

22

Salsa Meat Loaf
Mashed Potatoes
Brussels Sprouts

464 cal. 30g fat 29 carb 15g fiber
12g sugar 30g pro. 369 mg
sodium

23

Breakfast
7:00 am to 1:00 pm

Ala Carte
Sandwiches

24 \$5 Special

Homemade Chicken
Cordon Bleu
Mashed Potatoes
Normandy Blend
Side Salad
Crisp and Ice Cream

25

Pork Chop & Sauerkraut
Red Skins Potatoes
Carrots
Homemade Applesauce

683 cal.15g fat 4 carb
12g fiber 4g sugar 27g
pro. 1,655mg sod

26 Breakfast to 1:00
BF Burritos Available

Chicken Noodle Casserole
Green Peas
Peaches

717 cal. 35g fat 77 carbs.
7g fiber 33g sugar
23g protein 948mg sodium

27 Movie Day

Liver & Onions or
Salisbury Steak
Mashed Potatoes
Green Beans

656 cal. 34g fat 76 carb 8g fiber
8g sugar 29g protein 1,548 sod.

28 Health Odyssey
Lunch served at 11:30
RSVP Required

Spiral Ham
Au Gratin Potatoes
California Mix / Side Salad
Fresh Fruit

896 cal. 3g fat 83 carb 30g pro
9g fiber 6g sugar 1,761mg sod.

29 End of Month
Special — \$2.00

Chicken Noodle or
Cream of Tomato Soup

Egg Salad or Grilled
Cheese Sandwich
Dessert

30

Breakfast
7:00 am to 1:00 pm

Ala Carte
Sandwiches