



March

2018

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

1
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.

2
Meat or Garden Lasagna
Garlic Bread
Stewed Tomatoes

616 cal. 26g fat 41 carb 7g
fiber 2g sugar 32g protein
757mg sod

3

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

4 Bingo
Pork Roast
Red Skin Potatoes
Green Beans
Applesauce

503 cal. 18g fat 59 carb
9g fiber 4g sugar
31g pro. 749mg sodium

5 Ford Retirees
Chicken Cacciatore
over Penne Noodles
Cauliflower
Peaches in own juice

409 cal. 8.1g fat 55 carb
5.3g fiber 14g sugar
25g prot. 31 mg sod.

6
Chili
Home-Baked Roll
Cottage Cheese

665 cal. 23g fat
59 carb 52g protein

7 Birthday Dinner
Open Faced Beef Sandwich
Mashed Potatoes
Peas and Carrots
Birthday Cake and Ice Cream

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

8
Chicken Enchiladas
Spanish Rice
Refried Beans

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

9
USA Wild Caught Cod
Sweet Potatoes
Broccoli

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

10

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

11 Daylight Savings
Chicken Bruschetta
Country Potatoes
Mixed Vegetables

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

12
Marinated Chicken
Breast
Baked Potato
Broccoli

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

13 SMCC Class of '58
Breakfast to 1:00
BF Burritos Available
Stuffed Cabbage Rolls
Mashed Potatoes
Stewed Tomatoes / Pears

665 cal. 23g fat
59 carb 52g protein

14
Beef Tips Over Noodles
Harvard Beets
Fresh Fruit

765 cal. 4g fat 78 carb
10g fiber 12g sugar
28g pro. 1189mg sod.

15
Pineapple Ham
Au Gratin Potatoes
California Mix

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

16 St. Pat's Day
Tuna Noodle Casserole
Green Peas
Peaches

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

17

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

Ala Carte
Sandwiches

18
Roast Beef
Mashed Potatoes
Corn
Peaches

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

19
Breaded or UnBreaded
Pork Chops
Baked Potato
Brussels Sprouts

808 cal. 22g fat, 48g carb.
12g fiber 18g sugar 36g
protein 489mg sod.

20
Chicken or Beef Pot Pie
Broccoli Salad
Peaches

695 cal. 24g fat 82 carb
6g fiber 4g sugar 22g prot.
602mg sodium

21 Class of '67 Breakfast
Liver & Onions or
Salisbury Steak
Mashed Potatoes
Green Beans

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

22 Health Odyssey
Lunch served at 11:30
RSVP Required
Pepper Steak over
Rice Noodles
Snow Peas / Fresh Fruit

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

23
Baked Salmon
Brown and Wild Rice
California Mix Vegetables

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

24

Breakfast
7:00 am to 1:00 pm

Ala Carte
Sandwiches

25 \$5 Special
Turkey
Sweet Potatoes
Green Beans
Cranberry Sauce

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

26
Pork Chop & Sauerkraut
Mashed Potatoes
Broccoli
Homemade Applesauce

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

27 Breakfast to 1:00
Goulash
Corn
Pears

518 cal. 11g fat 78 carb 10g
fiber 25g sugar
31g protein 1,122 mg sod

28 Movie Day
Cornmeal Oven Fried
Chicken
Red Skin Potatoes
Glazed Carrots

Cal-343 Sod-334mg
Carb 37g Protein 25g

29
Sweet & Sour Chicken
Brown Rice
Stir Fry Vegetables

600 cal. 8g fat 94 carb
9g fiber 24g sugar
25g pro. 904mg sod.

30 End of Month
Special—\$2.00
Tomato Soup or
Vegetable Beef Soup
Chicken Salad or Grilled
Cheese Sandwich
Dessert

31

Breakfast
7:00 am to 1:00 pm

Ala Carte
Sandwiches

Easter Egg Hunt