

May 2018

<p>1</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>2 Memorial Retirees Birthday Dinner</p> <p>Homemade Chicken Cordon Bleu Mashed Potatoes Normandy Blend Ice Cream and Cake</p> <p>564 cal. 20g fat 46carb 2g fiber 4g sugar 46g protein 932mg sod</p>	<p>3 Barbershop Group</p> <p>Sweet & 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>4</p> <p>Stuffed Peppers Stewed Tomatoes Mashed Potatoes Pears in own juice</p> <p>665 cal. 23g fat 59 carb 52g protein</p>	<p>5</p> <p>Breakfast 7:00 am to 1:00 pm</p> <p>Ala Carte Sandwiches</p>
<p>6</p> <p>Pork Roast Red Skin Potatoes Green Beans Applesauce</p> <p>503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>	<p>7 Ford Retirees Pamper Day</p> <p>BBQ Chicken Sandwiches Sweet Potato Fries Celery Salad</p> <p>1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>8 SMCC Class of '58 Breakfast to 1:00 BF Burritos Available</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>9</p> <p>Meat Lasagna Garlic Bread Cauliflower</p> <p>616 cal. 26g fat 41 carb 7g fiber 2g sugar 32g protein 757mg sod</p>	<p>10 Rummage & Bake Sale 7:00 a.m. to 4:00 p.m.</p> <p>Liver & Onions or Salisbury Steak Mashed Potatoes Green Beans</p> <p>656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.</p>
<p>13 Mother's Day</p> <p>Roast Beef Mashed Potatoes Broccoli Pears</p> <p>1,105 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p>14</p> <p>Chicken Parmesan Spaghetti Squash Cauliflower</p> <p>858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro. 1,278 mg sod.</p>	<p>15 Holcim Retirees</p> <p>Beef Tips Over Noodles Harvard Beets Fresh Fruit</p> <p>765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1189mg sod.</p>	<p>16 Class of '67 Breakfast Class of '68 Lunch</p> <p>Baked Salmon Brown Rice California Mix Vegetables</p> <p>500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>17 Health Odyssey Lunch served at 11:30 RSVP Required</p> <p>Marinated Chicken Breast Baked Potato Butternut Squash / Salad</p> <p>583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod.</p>
<p>20 Bingo</p> <p>BBQ Ribs Baked Potatoes Normandy Blend</p> <p>1,105 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p>21</p> <p>Grilled Pork Chops Country Potatoes Green Beans Applesauce</p> <p>737 cal. 21g fat 101carb 2g fiber 28g sugar 40g protein 1,000mg sod</p>	<p>22 Breakfast to 1:00 BF Burritos Available</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>23 E.C. Duz It \$6 Fundraiser</p> <p>Hot Turkey Reuben Sandwiches French Fries Fresh Fruit Texas Sheet Cake</p> <p>Movie Day</p> <p>500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>24</p> <p>USA Wild Caught Cod Brown and Wild Rice Harvard Beets</p> <p>464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sodium</p>
<p>27 \$5 Special</p> <p>Spiral Ham Au Gratin Potatoes California Mix /Salad Crisp & Ice Cream</p> <p>896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.</p>	<p>28 Memorial Day Center Open 7:00 to 3:00</p> <p>POTLUCK LUNCH 11:00 to 12:30 Bring a Dish to Pass or Pay \$3.00</p>	<p>29</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>30 Health & Fitness</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>31 End of Month Special—\$2.00</p> <p>Broccoli Soup or Vegetable Beef Soup Chicken Salad or Grilled Cheese Sandwich Dessert</p>
<p align="center">Monroe Center meals are open to the public. Menu subject to change. 734-241-0404</p>				