





November 2018



<p>1</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>2</p> <p>Open Faced Beef Sandwiches Mashed Potatoes Peas</p> <p>600 cal. 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 mg sod.</p>	<p>3</p> <p>Breakfast 7:00 am to 1:00 pm</p> <p>Ala Carte Sandwiches</p>				
<p>4</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>5</p> <p>Beef Stew Homemade Cornbread Cottage Cheese</p> <p>621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.</p>	<p>6 SMCC Class of '58</p> <p>Stuffed Cabbage Mashed Potatoes Stewed Tomatoes Pineapple Chunks</p> <p>665 cal. 23g fat 59 carb 52g protein</p>	<p>7 Birthday Dinner</p> <p>Low Fat Baked Chicken Baked Potatoes Normandy Vegetables Birthday Cake / Ice Cream</p> <p>880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.</p>	<p>8 Rummage & Bake</p> <p>Taco Salad in a Shell Spanish Rice Refried Beans Stewed Tomatoes</p> <p>906 cal. 29g fat 133carb 12g fiber 4g sugar 34g pro- tein 1,838mg sod</p>	<p>9 Rummage & Bake</p> <p>Pork Chop in Mushroom Gravy Country Potatoes Mixed Vegetables</p> <p>683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p>	<p>10</p> <p>Breakfast 7:00 am to 1:00 pm Waffles Available</p> <p>Ala Carte Sandwiches</p>
<p>11 Sunday Bingo Veteran's Day (\$2 off for Vets)</p> <p>Roast Beef Mashed Potatoes Green Peas</p> <p>1,105 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p>12 Music w/Herm \$6 Fund Raiser</p> <p>Boiled Dinner with Ham, Potatoes, Carrots, Cabbage, Green Beans Dessert</p> 	<p>13 Breakfast to 1:00 BF Burritos Available</p> <p>Chicken Ala King over Biscuits Celery Salad</p> <p>469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.</p>	<p>14 Center's Thanksgiving (served at 11:30 a.m.)</p> <p>Roast Turkey, Stuffing Mashed Potatoes Green Beans Cranberries / Rolls Pumpkin Pie</p> 	<p>15</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</p> <p>USA Wild Caught Cod Brown and Wild Rice Broccoli</p> <p>500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>17</p> <p>Breakfast 7:00 am to 1:00 pm</p> <p>Ala Carte Sandwiches</p>
<p>18</p> <p>Baked Salmon Brown and Wild Rice Broccoli and Cauliflower</p> <p>500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>19</p> <p>Salsa Meat Loaf Mashed Potatoes Corn</p> <p>464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.</p>	<p>20</p> <p>Marinated Chicken Breast Baked Potato Broccoli</p> <p>583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod.</p>	<p>21 Class of '67 Breakfast Class of '68 Lunch</p> <p>Chili Corn Bread Cottage Cheese</p> <p>665 cal. 23g fat 59 carbs 52 protein</p>	<p>22 Thanksgiving</p> <p>Roast Turkey, Stuffing Mashed Potatoes Green Beans Cranberries / Rolls Pumpkin Pie</p> <p>(Served 11:00 to 1:00)</p>	<p>23</p> <p>Tuna Noodle Casserole Green Peas Pears</p> <p>717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g protein 948mg sodium</p>	<p>24</p> <p>Breakfast 7:00 am to 1:00 pm</p> <p>Ala Carte Sandwiches</p>
<p>25 \$5.00 Special</p> <p>Chicken Bruschetta Baked Potatoes Mixed Vegetables Salad / Dessert</p> <p>858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod.</p>	<p>26</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>27 Breakfast to 1:00 BF Burritos Available</p> <p>BBQ Chicken Sandwiches Sweet Potato Wedges Celery Salad</p> <p>1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>28 Movie Day</p> <p>Liver & Onions or Salisbury Steak Mashed Potatoes Butternut Squash</p> <p>656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.</p>	<p>29 Health Odyssey Lunch served at 11:30 RSVP Requested</p> <p>Pineapple Ham Au Gratin Potatoes California Mix / Salad</p> <p>896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.</p>	<p>30 End of Month Special — \$2.00</p> <p>Broccoli or Chicken Tortilla Soup Tuna Salad or Ham and Cheese Sandwich Dessert</p>	<p>Monroe Center meals are open to the public. Menu subject to change. 734-241-0404</p>