


<p>30 \$5 Special Pineapple Ham Au Gratin Potatoes California Mix /Salad Dessert / Ice Cream</p> <p>896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.</p>	<p>1 Stuffed Peppers Mashed Potatoes Stewed Tomatoes Pineapple Chunks</p> <p>665 cal. 23g fat 59 carb 52g protein</p>	<p>2 Chicken Scampi over Angel Hair Pasta Glazed Carrots / Peaches</p> <p>403 cal. 7.7g fat 47g carbs 25g prot. 130gm sodi 5g sugar 3.8g fiber</p>	<p>3 Birthday Dinner Open Faced Beef Sandwiches Mashed Potatoes / Peas Birthday Cake & Ice Cream</p> <p>600 cal. 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 mg sod.</p>	<p>4 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>5 Meat or Vegetable Lasagna Garlic Bread Cauliflower</p> <p>616 cal. 26g fat 41 carb 7g fiber 2g sugar 32g protein 757mg sod</p>	<p>6 Breakfast 7:00 am to 1:00 pm</p> <p>Ala Carte Sandwiches</p>
<p>7 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>8 Chicken Pot Pie Cottage Cheese with Crushed Pineapple</p> <p>495 cal. 20g fat 82 carb 5g fiber 2g sugar 22g protein 602mg sod</p>	<p>9 Breakfast to 1:00 BF Burritos Available SMCC Class of '58 MEA Retirees Group</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>10 Low fat Baked Chicken Baked Potatoes Normandy Vegetables</p> <p>880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.</p>	<p>11 Afternoon Tea 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>12 Pork Chop & Sauerkraut Red Skins Potatoes Green Beans</p> <p>683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p>	<p>13 Breakfast 7:00 am to 1:00 pm Waffles Available</p> <p>Ala Carte Sandwiches</p>
<p>14 Sunday Bingo 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>15 Music w/Manny \$6 Fund Raiser</p> <p>Two Slices of Pizza Side Salad Dessert</p> 	<p>16 Holcim Retirees 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>17 Class of '67 Breakfast Class of '68 Lunch</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>18 Card Party 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>19 Shepherd's Pie Broccoli Salad Peaches</p> <p>596 cal. 23g fat 75 carb 4g fiber 20g sugar 33g protein 748mg sodium</p>	<p>20 Jones Transfer</p> <p>Breakfast 7:00 am to 1:00 pm</p> <p>Ala Carte Sandwiches</p>
<p>21 Spare Ribs Baked Potato Normandy Blend Vegetables</p> <p>583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod</p>	<p>22 Pork Chop in Mushroom Gravy Mashed Potatoes Mixed Vegetables</p> <p>683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p>	<p>23 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>24 Movie Day Tuna Noodle Casserole Green Peas Peaches</p> <p>717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g protein 948mg sodium</p>	<p>25 Health Odyssey Lunch served at 11:30 RSVP Requested</p> <p>Beef Tips Over Noodles Harvard Beets Side Salad / Fresh Fruit</p> <p>765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1189mg sod. Flu Shots</p>	<p>26 Taco Salad in a Shell Spanish Rice Refried Beans Watermelon Chunks</p> <p>906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod</p>	<p>27 Breakfast 7:00 am to 1:00 pm</p> <p>Ala Carte Sandwiches</p>
<p>28 \$5 Special Liver & Onions or Salisbury Steak Mashed Potatoes Butternut Squash Dessert / Ice Cream</p> <p>656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.</p>	<p>29 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>30 Chicken Parmesan Spaghetti Spinach</p> <p>858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro. 1,278 mg sod.</p>	<p>31 End of Month Special — \$2.00</p> <p>Squash Soup or Ham and Bean Soup Grilled Cheese or Egg Salad Sandwich Halloween Dessert</p>	 		<p>Monroe Center meals are open to the public. Menu subject to change. 734-241-0404</p>