



September 2018

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

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

2
Pork Roast
Red Skin Potatoes
California Mix
Applesauce
503 cal. 18g fat 65 carb
9g fiber 4g sugar
31g pro. 749mg sodium

3 Labor Day
Center Open
7:00 to 3:00
Potluck
11:00—12:30

4
Beef Pot Pie
Cottage Cheese with
Crushed Pineapple
495 cal. 20g fat 82 carb
5g fiber 2g sugar
22g protein 602mg sod

5 Birthday Dinner
Low fat Baked Chicken
Baked Potatoes
Normandy Vegetables
Birthday Cake & Ice Cream
880 cal. 23g fat 127carb 12g fiber
47g sugar 40g pro 1,211 mg sod.

6
Goulash
Corn
Broccoli Salad
518 cal. 11g fat 78 carb
10g fiber 25g sugar
31g protein 1,122 mg sod

7
Pork Chop & Sauerkraut
Red Skins Potatoes
Green Beans
683 cal. 15g fat 4 carb 12g
fiber 4g sugar 27g pro.
1,655mg sod

8
Breakfast
7:00 am to 1:00 pm
Waffles Available
Ala Carte
Sandwiches

9
Roast Beef
Mashed Potatoes
Green Peas
1,105 cal. 48 g fat 133
carb 10g fiber 20g sugar
41g pro 1,117 mg sod

10 Elder Justice Program
Baked Salmon
Brown and Wild Rice
Broccoli and Cauliflower
500 cal. 15g fat 66 carb
4g fiber 10 sugar 31g pro.
869mg sodium

11 Breakfast to 1:00
BF Burritos Available
SMCC Class of '58
Stuffed Peppers
Mashed Potatoes
Stewed Tomatoes
Pineapple Chunks
665 cal. 23g fat
59 carb 52g protein

12 One Room School
Beef Tips Over Noodles
Harvard Beets
Fresh Fruit
765 cal. 4g fat 78 carb
10g fiber 12g sugar
28g pro. 1189mg sod.

13
Chicken Ala King
over Biscuits
Celery Salad
469 cal. 19g fat 82 carb
11g fiber 10g sugar
10g pro. 689 mg sod.

14
Pineapple Ham
Au Gratin Potatoes
California Mix
896 cal. 3g fat 83 carb
9g fiber 6g sugar
30g pro 1,761mg sod.

15
Breakfast
7:00 am to 1:00 pm
Ala Carte
Sandwiches

16 Sunday Bingo
Marinated Grilled
Chicken Breast
Baked Potato
Normandy Blend
Vegetables
583cal. 23g fat 70 carb 6g
fiber 40g pro 415 mg sod

17
Pork Chop in Mushroom
Gravy
Baked Potatoes
Mixed Vegetables
683 cal. 15g fat 4 carb 12g
fiber 4g sugar 27g pro.
1,655mg sod

18
Salsa Meat Loaf
Country Potatoes
Broccoli
464 cal. 30g fat 29 carb 15g fiber
12g sugar 30g pro. 369 mg sod.

19 Class of '67 Breakfast
Class of '68 Lunch
\$6 Fund Raiser with
Music by E.C. Duz It
Liver & Onions or
Salisbury Steak
Mashed Potatoes
Butternut Squash
656 cal. 34g fat 76 carb 8g fiber
8g sugar 29g protein 1,548 sod.

20
USA Wild Caught Cod
Brown and Wild Rice
Broccoli
500 cal. 15g fat 66 carb
4g fiber 10 sugar 31g pro.
869mg sodium
Accreditation
Celebration

21 Health Odyssey
Lunch served at 11:30
RSVP Requested
Roast Beef
Mashed Sweet Potatoes
Green Beans
1,105 cal. 48 g fat 133 carb
10g fiber 20g sugar 41g protein
1,117 mg sod

22
Breakfast
7:00 am to 1:00 pm
Ala Carte
Sandwiches

23
Roast Turkey
Sweet Potatoes
Green Beans
Cranberry Sauce
600 cal. 26g fat 75 carb
12g fiber 10g sugar 39g
pro. 713 mg sod.

24
Chicken Parmesan
Spaghetti Squash
Spaghetti
Cauliflower
858cal. 51g fat 65 carb
7g fiber 5g sugar 39g pro.
1,278 mg sod.

25 Breakfast to 1:00
BF Burritos Available
Tuna Noodle Casserole
Green Peas
Peaches
717 cal. 35g fat 77 carbs.
7g fiber 33g sugar
23g protein 948mg sodium

26 Movie Day
Beef Stew
Homemade Cornbread
Cottage Cheese
621 cal. 14g fat 78 carb 4g fiber 5g
sugar 46g prot. 1,328mg sod.

27
Taco Salad in a Shell
Spanish Rice
Refried Beans
Watermelon Chunks
906 cal. 29g fat 133carb 12g
fiber 4g sugar 34g protein
1,838mg sod

28 End of Month
Special — \$2.00
Chicken Noodle or
Cream of Tomato Soup
Sloppy Joe or Grilled
Cheese Sandwich
Dessert
Evening Fund Raiser

29
Breakfast
7:00 am to 1:00 pm
Ala Carte
Sandwiches