

February 2019

Monroe Center
meals are open to
the public.
Menu subject to
change.



1
Pork Chop & Sauerkraut
Red Skins Potatoes
Green Beans
Applesauce

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

2

Breakfast
7:00 am to 1:00 pm

Ala Carte
Sandwiches

3 Bingo

Roast Beef
Mashed Potatoes
Normandy Mix

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

4

Chili
Dinner Roll
Cottage Cheese

665 cal. 23g fat
59 carb 52g protein

5

Chicken or Beef Pot Pie
Broccoli Salad
Peaches

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

6 Birthday Dinner

Open Faced Beef
Sandwiches
Mashed Potatoes
Peas / Cake & Ice Cream

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

7

Baked Salmon
Red Skin Potatoes
Cauliflower

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

8 Italian Dinner

BBQ Chicken
Sandwiches
Sweet Potato Fries
Corn

1,088 cal. 46g fat
98 carb 15g fiber 18g sugar

9

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

Ala Carte
Sandwiches

10

Pork Roast
Red Skin Potatoes
California Mix
Applesauce

503 cal. 18g fat 65 carb
9g fiber 4g sugar
31g pro. 749mg sodium

11

Pineapple Ham
Au Gratin Potatoes
Green Beans

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

12 SMCC Class of '58
Breakfast 11-1:00

Chicken Ala King
over Biscuits
Celery Salad / Fruit

469 cal. 19g fat 82 carb
11g fiber 10g sugar
10g pro. 689 mg sod.

13

Low Fat Baked Chicken
Baked Potatoes
Normandy Vegetables

880 cal. 23g fat 127carb
12g fiber 47g sugar 40g pro
1,211 mg sod.

14 Rummage / Bake

Taco Salad in a Shell
Spanish Rice
Refried Beans
Stewed Tomatoes

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

15 Rummage / Bake

Salsa Meat Loaf
Mashed Potatoes
Corn

464 cal. 30g fat 29 carb 15g fiber
12g sugar 30g pro. 369 mg sod.

16

Breakfast
7:00 am to 1:00 pm

Ala Carte
Sandwiches

17

Roast Turkey
Sweet Potatoes
Brussels Sprouts
Cranberry Sauce

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

18 \$6 Fundraiser with
— Manny Perez

Pork Chop in Mushroom
Gravy
Country Potatoes
Mixed Vegetables
Dessert

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

19

Stuffed Peppers
Mashed Potatoes
Stewed Tomatoes
Pears

665 cal. 23g fat
59 carb 52g protein

20 Class of '67 Breakfast

USA Wild Caught Cod
Brown and Wild Rice
Spinach

600 cal. 15g fat 66 carb
4g fiber 10 sugar 31g pro.
969mg sodium

21

Beef Tips Over Noodles
Harvard Beets
Fruit

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

22

Marinated Chicken
Breast
Baked Potato
Broccoli

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

23

Breakfast
7:00 am to 1:00 pm

Ala Carte
Sandwiches

24 \$5 Special

Liver & Onions or
Salisbury Steak
Mashed Potatoes
Carrots / Salad
Cobbler/Ice Cream

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

25

Meat Lasagna
Garlic Bread
Stewed Tomatoes

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

26 Breakfast 11-1:00

Sweet & Sour Chicken
Brown Rice
Stir Fry Vegetables

650 cal. 18g fat 94 carb
9g fiber 24g sugar
25g pro. 904mg sod.

27 Movie Day

Beef Stew
Homemade Cornbread
Cottage Cheese

621 cal. 14g fat 78 carb
4g fiber 5g sugar 46g prot.
1,328mg sod.

28 Health Odyssey
Lunch served at 11:30
RSVP Requested

Roast Turkey
Sweet Potatoes
Green Beans / Side Salad

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

1 End of Month
Special — \$2.00

Broccoli or Chicken
Tortilla Soup
Tuna Salad or Ham and
Cheese Sandwich
Dessert


**Monroe
Center**
for Healthy Aging
734.241.0404