


<p><b>30 \$5 Special</b> Open-Faced Turkey Mashed Potatoes Green Beans Cranberry Sauce Cobbler &amp; Ice Cream 600 cal. 26g fat 75 carb</p>	<p><b>31 New Year's Eve</b> BBQ Beef Sandwich Baked Beans Fruit 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p><b>1</b> New Year's Day Center open 7:00 to 2:00 Potluck: 11:00—12:30</p>	<p><b>2 Birthday Dinner</b> Baked Salmon Red Skin Potatoes Cauliflower Birthday Cake &amp; Ice Cake 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p><b>3</b> Tuna Noodle Casserole Green Peas Peaches 717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g protein 948mg sodium</p>	<p><b>4</b> Marinated Chicken Breast Baked Potato Broccoli 583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod.</p>	<p><b>5</b> Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches</p>
<p><b>6</b> Pork Roast Red Skin Potatoes California Mix Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>	<p><b>7</b> Meat Lasagna Garlic Bread Green Beans 616 cal. 26g fat 41 carb 7g fiber 2g sugar 32g protein 757mg sod</p>	<p><b>8 SMCC Class of '58</b> Breakfast 11-1:00 Shrimp and Snap Peas with linguini pasta Celery Salad 403 cal. 7.7g fat 47g carbs 25g prot. 130gm sodium .5g sugar 3.8g fiber</p>	<p><b>9</b> Chicken or Beef Pot Pie Cottage Cheese Peaches 695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium</p>	<p><b>10 Museum Program</b> Chicken Bruschetta Country Potatoes Mixed Vegetables 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod.</p>	<p><b>11</b> Taco Salad in a Shell Spanish Rice Refried Beans 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod</p>	<p><b>12</b> Breakfast 7:00 am to 1:00 pm <b>Waffles Available</b> Ala Carte Sandwiches</p>
<p><b>13</b> Roast Beef Mashed Potatoes Green Peas 1,105 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p><b>14</b> Low Fat Baked Chicken Baked Potatoes Normandy Vegetables 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.</p>	<p><b>15</b> Stuffed Cabbage Rolls Mashed Potatoes Stewed Tomatoes / Pears 665 cal. 23g fat 59 carb 52g protein</p>	<p><b>16 Class of '67 Breakfast</b> Beef Stew Homemade Cornbread Cottage Cheese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.</p>	<p><b>17</b> Salsa Meat Loaf Mashed Potatoes Corn 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.</p>	<p><b>18</b> Pork Chop in Mushroom Gravy Country Potatoes Mixed Vegetables 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p>	<p><b>19</b> Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches</p>
<p><b>20</b> Roast Turkey Sweet Potatoes Green Beans Cranberry Sauce 600 cal. 26g fat 75 carb 12g fiber 10g sugar 39g pro. 713 mg sod.</p>	<p><b>21 \$6 Fundraiser with — the Hippie Chick</b> Open Faced Beef Sandwiches Mashed Potatoes Peas / Dessert 600 cal. 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 mg sod.</p>	<p><b>22 Breakfast 11-1:00</b> Sweet &amp; Sour Pork Brown Rice Stir Fry Vegetables 650 cal. 18g fat 94 carb 9g fiber 24g sugar 25g pro. 904mg sod.</p>	<p><b>23 Movie Day</b> Goulash Corn Pears 518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod</p>	<p><b>24 Health Odyssey</b> Lunch served at 11:30 RSVP Requested USA Wild Caught Cod Brown and Wild Rice Green Beans 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium</p>	<p><b>25</b> Liver &amp; Onions or Salisbury Steak Mashed Potatoes Carrots 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.</p>	<p><b>26</b> Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches</p>
<p><b>27 \$5 Special</b> Spiral Ham Au Gratin Potatoes California Mix /Salad Dessert 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.</p>	<p><b>28</b> Beef Enchiladas Spanish Rice Refried Beans 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod</p>	<p><b>29</b> Breaded or UnBreaded Pork Chops Baked Potato Brussels Sprouts 808 cal. 22g fat, 48g carb. 12g fiber 18g sugar 36g protein 489mg sod</p>	<p><b>30</b> BBQ Chicken Sandwiches Sweet Potato Fries Corn 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p><b>31 End of Month Special — \$2.00</b> Tomato Soup or Vegetable Beef Soup Chicken Salad or Grilled Cheese Sandwich Dessert</p>	<div style="text-align: center;">   <p><b>Monroe Center</b> meals are open to the public. 734.241.0404 Menu subject to change.</p> </div>	