

<p>May 26 \$6 BBQ Rib Special</p>	<p>May 27 Memorial Day Pot Luck Lunch</p>	<p>May 28 Shrimp and Snap Peas Breakfast 11—1</p>	<p>May 29 Annual Senior Health & Fitness Day Please RSVP 241.0404</p>	<p>May 30 Beef Stew Cornbread</p>	<p>May 31 End of Month Lunch Special</p>	<p>1 Breakfast 7:00 am to 1:00 pm Russian Pancakes Available</p>	
<p>2 Coin Show Roast Turkey Sweet Potatoes Green Beans Cranberries 600 cal. 26g fat 75 carb 12g fiber 10g sugar 39g pro. 713 mg sod.</p>	<p>3 Pork Chop with Mushroom Gravy Mashed Potatoes Broccoli / Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p>	<p>4 Chicken or Beef Pot Pie Cottage Cheese with Peaches 695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium</p>	<p>5 Birthday Dinner Pineapple Ham Au Gratin Potatoes California Mix Ice Cream and Cake 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.</p>	<p>6 Sweet & Sour Pork Brown Rice Stir Fry Vegetables 650 cal. 18g fat 94 carb 9g fiber 24g sugar 25g pro. 904mg sod.</p>	<p>7 Taco Salad over chips Spanish Rice with Stewed Tomatoes Refried Beans 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod</p>	<p>8 Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches / Main Choices</p>	
<p>9 Bingo Grilled Salmon or Chicken Breast Country Potatoes Cauliflower 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>10 Chicken & Spinach Lasagna Rolls Carrots / Pears 453 cal. 11g fat 49carb 8g fiber 9g sugar 17g prot. 1,374mg sod</p>	<p>11 SMCC Class of '58 Breakfast 11-1:00 Tuna Noodle Casserole Green Peas / Peaches 717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g protein 948mg sodium</p>	<p>12 Movie Day Chili Italian Bread Cottage Cheese 665 cal. 23g fat 59 carbs 52 protein</p>	<p>13 Spaghetti & Meat Sauce Garlic Bread Pears 780 cal. 25g fat 91 carb 9g fiber 6g sugar</p>	<p>14 Beef Tips Over Noodles Harvard Beets Fruit 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1189mg sod.</p>	<p>15 Breakfast 7:00 am to 1:00 pm Waffles Available Ala Carte Sandwiches/ Main Choices</p>	
<p>16 Father's Day Roast Beef Mashed Potatoes Green Beans 1,105 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p>17 \$6 Fundraiser with The Antique Band Stuffed Peppers Mashed Potatoes Tomatoes / Dessert (No salad bar today) 665 cal. 23g fat 59 carb 52 protein</p>	<p>18 Marinated Chicken Breast Baked Potato Broccoli 583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod.</p>	<p>19 Class of '67 Breakfast Pepper Steak over Brown and Wild Rice Stir Fry Vegetables Fresh Fruit 596 cal. 18g fat 61carb 4g fiber 10g sugar 28g protein 1,289mg sod</p>	<p>20 USA Wild Caught Cod Brown and Wild Rice Brussels Sprouts 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium</p>	<p>21 Salsa Meat Loaf Mashed Potatoes Green Beans 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.</p>	<p>22 Jones Transfer Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches / Main Choices</p>	
<p>23 Pork Roast Baked Potatoes California Mix Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>	<p>24 Ranch Chicken Sweet Potatoes Normandy Vegetables 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.</p>	<p>25 Breakfast 11-1:00 BF Burritos Available BBQ Chicken Sandwich Potato Salad Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>26 Charades with Lance Movie Day Liver & Onions or Salisbury Steak Mashed Potatoes Carrots 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.</p>	<p>27 Health Odyssey Lunch served at 11:30 RSVP Requested Roast Turkey Sandwiches Mashed Potatoes Green Beans / Salad / Fruit (No salad bar today) 600 cal. 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 mg sod</p>	<p>28 End of Month Special — \$2.00 Chicken Noodle or Cream of Tomato Soup Tuna Salad or Grilled Ham & Cheese Sandwich Dessert</p>	<p>29 Breakfast 7:00 am to 1:00 pm Ala Carte Sandwiches / Main Choices</p>	
<p>30 \$6 Special BBQ Ribs Baked Potatoes Corn / Salad Variety of Pies (No salad bar today)</p>						<p>Monroe Center meals are open to the public. Menu subject to change. 734-241-0404</p>	 <p>Monroe Center for Healthy Aging</p>