



# March 2019

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

**1 End of Month  
Special — \$2.00**  
Broccoli or Chicken  
Tortilla Soup  
Tuna Salad or Ham and  
Cheese Sandwich  
Dessert

**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**  
  
Shepherd's Pie  
Broccoli Salad  
Peaches  
  
596 cal. 23g fat 75 carb 4g  
fiber 20g sugar 33g pro-  
tein 748mg sodium

**5**  
  
Spaghetti with Meat  
Sauce  
Carrots  
Garlic Bread  
  
780 cal. 25g fat 91 carb  
9g fiber 6g sugar

**6 Birthday Dinner**  
  
Baked Salmon  
Red Skin Potatoes  
Cauliflower  
Cake & Ice Cream  
  
500 cal. 15g fat 66 carb 4g fiber  
10 sugar 31g pro. 869mg sodium  
**Ash Wednesday**

**7 Medicare BK**  
  
Pineapple Ham  
Au Gratin Potatoes  
Mixed Vegetables  
  
896 cal. 3g fat 83 carb  
9g fiber 6g sugar  
30g pro 1,761mg sod.

**8**  
  
Taco Salad in a Shell  
(Lentil "meat" available)  
Spanish Rice/Refried Beans  
Stewed Tomatoes  
  
906 cal. 29g fat 133carb 12g fiber  
4g sugar 34g protein 1,838mg sod

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

**12 SMCC Class of '58  
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

**13 Movie Day**  
  
Low Fat Baked Chicken  
Baked Potatoes  
Normandy Vegetables  
  
880 cal. 23g fat 127carb  
12g fiber 47g sugar 40g pro  
1,211 mg sod.

**14 Ask a Cop**  
with Trooper Jessie King  
  
Salsa Meat Loaf  
Mashed Potatoes  
Green Beans  
  
464 cal. 30g fat 29 carb 15g  
fiber 12g sugar 30g pro. 369 mg  
sod.

**15**  
  
USA Wild Caught Cod  
Brown and Wild Rice  
Spinach  
  
600 cal. 15g fat 66 carb  
4g fiber 10 sugar 31g pro.  
969mg sodium

**16**  
  
Breakfast  
7:00 am to 1:00 pm  
  
Ala Carte  
Sandwiches

**17**  
  
Marinated Chicken  
Breast  
Baked Potato  
Broccoli  
  
583cal. 23g fat 70 carb  
6g fiber 40g pro 415  
mg sod.

**18 \$6 Fundraiser with  
— Tom Slatton**  
  
Open Faced Beef  
Sandwiches  
Mashed Potatoes  
Peas / Dessert  
  
600 cal. 26g fat 75 carb  
12g fiber 10g sugar 39g prot.  
1,713 mg sod.

**19**  
  
Chicken Bruschetta  
Country Potatoes  
Mixed Vegetables  
  
858cal. 51g fat 65 carb 7g  
fiber 5g sugar 39g protein  
1,278 mg sod.

**20 Class of '67 Breakfast**  
  
Liver & Onions or  
Salisbury Steak  
Mashed Potatoes  
Carrots  
  
656 cal. 34g fat 76 carb 8g fiber  
8g sugar 29g protein 1,548 sod.

**21**  
  
Pork Chop in Mushroom  
Gravy  
Brown Rice  
Brussels Sprouts  
  
683 cal.15g fat 4 carb 12g fiber  
4g sugar 27g pro. 1,655mg sod

**22 Fish Supper**  
  
Meat or Meatless Chili  
Dinner Roll  
Cottage Cheese  
  
665 cal. 23g fat  
59 carb 52g protein

**23**  
  
Breakfast  
7:00 am to 1:00 pm  
  
Ala Carte  
Sandwiches

**24 \$5 Special**  
  
Roast Turkey  
Sweet Potatoes  
Green Beans  
Side Salad  
Cobbler & Ice Cream  
  
600 cal. 26g fat 75 carb  
12g fiber 10g sugar 39g  
pro. 713 mg sod.

**25**  
  
Lasagna Roll-Ups  
Garlic Bread  
Corn  
  
616 cal. 26g fat 41 carb 7g  
fiber 2g sugar 32g protein  
757mg sod

**26 Breakfast 11-1:00**  
  
Stuffed Cabbage  
Mashed Potatoes  
Stewed Tomatoes  
Pears  
  
665 cal. 23g fat  
59 carb 52g protein

**27 Movie Day**  
  
Chicken Scampi over  
Angel Hair Pasta  
Broccoli  
Pineapple  
  
403 cal. 7.7g fat 47g carbs  
25g prot. 130gm sod 5g sugar  
3.8g fiber

**28 Health Odyssey**  
Lunch served at 11:30  
RSVP Requested  
  
Beef Tips Over Noodles  
Harvard Beets  
Side Salad / Fruit  
  
765 cal. 4g fat 78 carb 10g fiber  
12g sugar 28g pro. 1189mg sod.

**29 End of Month  
Special — \$2.00**  
  
Squash or Cream of  
Mushroom Soup  
Grilled Cheese or Tuna Fish  
Sandwich  
Dessert

**Monroe  
Center**  
*for Healthy Aging*  
**734.241.0404**