



734-241-0404

MAY 2019

<p>1 MMH Retires BK Birthday Dinner</p> <p>Pork Roast Mashed Potatoes Carrots Ice Cream and Cake</p> <p>503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>			<p>2</p> <p>Stuffed Cabbage Stewed Tomatoes Mashed Potatoes Pears in own juice</p> <p>665 cal. 23g fat 59 carb 52g protein</p>			<p>3</p> <p>Baked Salmon Country Potatoes Cauliflower</p> <p>500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>			<p>4</p> <p>Breakfast 7:00 am to 1:00 pm</p> <p>Ala Carte Sandwiches</p>											
<p>5 Bingo</p> <p>Roast Beef Mashed Potatoes Green Beans</p> <p>1,105 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>		<p>6</p> <p>Shepherd's Pie Broccoli Salad Peaches</p> <p>596 cal. 23g fat 75 carb 4g fiber 20g sugar 33g protein 748mg sodium</p>		<p>7</p> <p>Chicken Bruschetta Country Potatoes Mixed Vegetables</p> <p>858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod.</p>		<p>8</p> <p>Sweet & Sour Pork Brown Rice Stir Fry Vegetables</p> <p>650 cal. 18g fat 94 carb 9g fiber 24g sugar 25g pro. 904mg sod.</p>		<p>9</p> <p>BBQ Chicken Sandwiches Sweet Potato Wedges Celery Salad</p> <p>1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>		<p>10</p> <p>Beef or Chicken Enchiladas Spanish Rice Refried Beans</p> <p>906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod</p>		<p>11</p> <p>Breakfast 7:00 am to 1:00 pm</p> <p>Waffles Available</p> <p>Ala Carte Sandwiches</p>								
<p>12 Mother's Day</p> <p>Pork Roast Baked Potatoes California Mix Applesauce</p> <p>503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>			<p>13 Show Stoppers Pamper Day</p> <p>Spaghetti with Meat Sauce Carrots Garlic Bread</p> <p>780 cal. 25g fat 91 carb 9g fiber 6g sugar</p>			<p>14 SMCC Class of '58 Breakfast 11-1:00</p> <p>BF Burritos Available</p> <p>Chicken Noodle Casserole Green Peas / Peaches</p> <p>717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g protein 948mg sodium</p>			<p>15 Class of '67 Breakfast</p> <p>Beef Tips Over Noodles Harvard Beets Fruit</p> <p>765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1189mg sod.</p> <p>Silly Auction with Lance</p>			<p>16</p> <p>Salsa Meat Loaf Mashed Potatoes Green Beans</p> <p>464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.</p>			<p>17</p> <p>Ranch Chicken Baked Potatoes Normandy Vegetables</p> <p>880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.</p>			<p>18</p> <p>Breakfast 7:00 am to 1:00 pm</p> <p>Ala Carte Sandwiches</p>		
<p>19</p> <p>Homemade Chicken Cordon Bleu Mashed Potatoes Normandy Blend</p> <p>564 cal. 20g fat 46carb 2g fiber 4g sugar 46g protein 932mg sod</p>			<p>20 \$6 Fundraiser with E.C. Duz It</p> <p>Roast Turkey Sweet Potatoes Green Beans Cranberries Cobbler & Ice Cream</p> <p>600 cal. 26g fat 75 carb 12g fiber 10g sugar 39g pro. 713 mg sod.</p>			<p>21</p> <p>Pork Chop in Sauerkraut Mashed Potatoes Corn</p> <p>683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p>			<p>22 Movie Day</p> <p>USA Wild Caught Cod Brown and Wild Rice Brussels Sprouts</p> <p>600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium</p>			<p>23 Health Odyssey Lunch served at 11:30</p> <p>RSVP Requested</p> <p>Marinated Chicken Breast Baked Potato /Broccoli Side Salad / Fruit (No salad bar today)</p> <p>583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod.</p>			<p>24</p> <p>Liver & Onions or Salisbury Steak Mashed Potatoes Carrots</p> <p>656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.</p>			<p>25</p> <p>Breakfast 7:00 am to 1:00 pm</p> <p>Ala Carte Sandwiches</p>		
<p>26 \$6 Special</p> <p>BBQ Ribs Baked Potatoes Green Beans Side Salad Variety of Pies (No salad bar today)</p>			<p>27 Memorial Day</p> <p>Center Open 7:00 to 2:00</p> <p>POTLUCK LUNCH 11:00 to 12:30</p> <p>Bring a Dish to Pass or Pay \$3.00</p>			<p>28 Breakfast 11-1:00</p> <p>Shrimp and Snap Peas with linguini pasta Celery Salad</p> <p>403 cal. 7.7g fat 47g carbs 25g prot. 130gm sodium .5g sugar 3.8g fiber</p>			<p>29 Senior Fitness Day</p> <p>Grilled Chicken Breast over a bed for lettuce / greens Cottage Cheese/ Fresh Fruit Multi-Grain Bread (No salad bar today)</p> <p>360 cal. 12g fat 255 sodium 35g protein 5g fiber 13g sugar</p>			<p>30</p> <p>Beef Stew Homemade Cornbread Cottage Cheese</p> <p>621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.</p>			<p>31 End of Month Special — \$2.00</p> <p>Chicken Noodle or Cream of Tomato Soup Sloppy Joe or Grilled Cheese Sandwich Dessert (No salad bar today)</p>			<p>Monroe Center meals are open to the public. Menu subject to change. 734-241-0404</p>		