

<b>1</b> Chicken Cordon Bleu or Salmon Baked Potatoes Broccoli 828 Cal. 20g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium	<b>2</b> Lasagna Roll-Ups Garlic Bread Corn / Side Salad 616 cal. 26g fat 41 carb 7g fiber 2g sugar 32g protein 757mg sod	<b>3</b> Corn Flake Oven Fried Chicken Red Skin Potatoes Glazed Carrots Cal. 343 Sod. 334mg Carb 37g Protein	<b>4</b> Stuffed Cabbage Mashed Potatoes Stewed Tomatoes Pears 665 cal. 23g fat 59 carb 52g protein	<b>5</b> Chicken Bruschetta Country Potatoes Mixed Vegetables 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod.	<b>6</b> Beef Pot Pie Cottage Cheese with Peaches 695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium	<b>7</b> Breakfast 8:00 to 1:00  <b>Noon Meal 11:00 to 1:00</b>
<b>8</b> Spiral Ham or Cod Au Gratin Potatoes Green Beans Side Salad 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.	<b>9</b> Spaghetti California Mix Pears 518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod	<b>10</b> Beef Stroganoff Harvard Beets Cottage Cheese 821 cal. 20g fat 78 carb 4g fiber 5g sugar 46g protein 1,328mg sod.	<b>11</b> Ranch Chicken Red Skin Potatoes Glazed Carrots 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.	<b>12</b> BBQ Pork Sandwich French Fries Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	<b>13</b> Taco Salad over Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	<b>14</b> Breakfast 8:00 to 1:00  <b>Noon Meal 11:00 to 1:00</b>
<b>15</b> Roast Beef or Salmon Red Skin Potatoes Cauliflower / Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	<b>16</b> USA Wild Caught Cod Baked Potatoes Brussels Sprouts 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium	<b>17</b> Chili Italian Bread Cottage Cheese 665 cal. 23g fat 59 carbs 52 protein	<b>18</b> Salisbury Steak Red Skin Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.	<b>19 Health Odyssey</b> (Capacity is limited ) Grilled Chicken Breast over a bed for lettuce Fresh Fruit Multi-Grain Bread 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.	<b>20</b> Pork Chop with Sauerkraut Country Potatoes Green Beans 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	<b>21</b> Breakfast 8:00 to 1:00  <b>Noon Meal 11:00 to 1:00</b>
<b>22</b> Pork Roast or Cod Sweet Potatoes Normandy Veggies Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	<b>23</b> Salsa Meat Loaf Mashed Potatoes Green Beans 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.	<b>24</b> Beef Stew Multi-grain Bread Cottage Cheese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.	<b>25</b> Goulash Corn Applesauce 518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod	<b>26 Thanksgiving</b> Roast Turkey Mashed Potatoes / Gravy Stuffing/ Green Beans Cranberries / Rolls / Pie 600 cal. 26g fat 75 carb 12g fiber 10g sugar 39g pro. 713 mg sod.	<b>27</b> BBQ Turkey Sandwiches Sweet Potato Wedges Tossed Side Salad 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	<b>28</b> Breakfast 8:00 to 1:00  <b>Noon Meal 11:00 to 1:00</b>
<b>29 \$6 Special</b> BBQ Ribs or Chicken Baked Potatoes Green Beans Dessert	<b>30 Soup &amp; Sandwich \$2</b> Chicken with Rice or Clam Chowder Soup Grilled Ham and Cheese Sandwich Dessert	<ul style="list-style-type: none"> <li>Those dining in are asked to go directly to a table (after signing in, temp checked, and hand sanitizing).</li> <li>Dining room workers will bring your food and drinks to the table.</li> <li>Please put your mask back on when you get up from the table.</li> </ul>				<b>734.241.0404</b> 

# November 2020

Monroe Center meals are open to the public. Menu is subject to change.  
Chef Salad Option on Wednesdays. Carry Out continues to be available at the back door.