



734.241.0404

- Those dining in are asked to go directly to a table (after signing in, temp checked, and hand sanitizing).
- Dining room workers will bring your food and drinks to the table.
- Please put your mask back on when you get up from the table.

		30 Soup & Sandwich \$2 Chicken with Rice Soup or Tomato Soup Grilled Cheese or Ham & Cheese Sandwich Dessert		1 Cornmeal Oven Fried Chicken Red Skin Potatoes Glazed Carrots Cal 343 Sod 334mg Carb 37g Protein 25g		2 Sloppy Joes Oven Baked Fries Baked Beans 961 cal. 36g fat 65 carb 16g fiber 19g sugar 87g pro 3,079mg sod.		3 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00					
4 Pork Roast or Cod Sweet Potatoes Normandy Veggies Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium		5 Shrimp and Snap Peas with linguini pasta Celery Salad 403 cal. 7.7g fat 47g carbs 25g prot.130gm sod. 5g sugar 3.8g fiber		6 Grilled Chicken Breast over a bed for lettuce greens Fresh Fruit Multi-Grain Bread 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.		7 Flu Shots Pepper Steak over Brown and Wild Rice Stir Fry Vegetables Fruit 596 cal. 18g fat 61carb 4g fiber 10g sugar 28g protein 1,289mg sod		8 Open Faced Turkey Sandwiches Mashed Potatoes Peas 600 cal 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 sod.		6 Ranch Chicken Legs Country Potatoes Mixed Vegetables 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.		10 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	
11 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		12 Chicken Ala King over Biscuits Peas & Carrots Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.		13 Meat Lasagna Garlic Bread Broccoli 616 cal. 26g fat 41 carb 7g fiber 2g sugar 32g protein 757mg sod		14 Pork Chop with Mushroom Gravy Country Potatoes Carrots 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod		15 Stuffed Cabbage Mashed Potatoes Green Beans 665 cal. 23g fat 59 carb 52g protein		16 USA Wild Caught Cod Baked Potatoes Brussels Sprouts 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium		17 Breakfast 8:00 to 1:00 Noon Meal Special: Spaghetti 11:00 to 1:00	
18 60th Anniversary Roast Turkey Mashed Potatoes / Gravy Green Beans Cranberries 600 cal. 26g fat 75 carb 12g fiber 10g sugar 39g pro. 713 mg sod.		19 Beef Stew Multi-grain Bread Cottage Cheese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.		20 Marinated Chicken Breast Brown and Wild Rice Broccoli 583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod		21 Grilled Salmon Baked Potatoes Broccoli 500 cal. 15g fat 66 carb 4g fib. 10 sugar 31g pro. 869mg sod		22 Health Odyssey (Capacity is limited) Salsa Meat Loaf Mashed Potatoes Stewed Tomatoes / Salad Fresh Fruit 464 cal 30g fat 29 carb 15g fiber 12g sug 30g pro 369 sod.		23 BBQ Chicken Sandwiches Sweet Potato Wedges Celery Salad 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar		24 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	
25 \$6 Special BBQ Ribs or Chicken Baked Potatoes Green Beans Dessert		26 Tuna Noodle Casserole Green Peas Peaches 717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g protein 948mg sodium		27 Sweet & Sour Pork Brown Rice Stir Fry Vegetables 600 cal. 8g fat 94 carb 9g fiber 24g sugar 25g pro. 904mg sod.		28 Taco Salad w/Chips Spanish Rice/ Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod		29 Liver and Onions or Salisbury Steak Mashed Potatoes / Beets 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod		30 Soup & Sandwich \$2 Squash Soup or Vegetable Beef Soup Tuna Fish or Chicken Salad Sandwich Halloween Dessert		31 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	

October 2020

Monroe Center meals are open to the public. Menu is subject to change. New pricing. Sorry, no Salad Bar yet. Carry Out continues to be available at the back door.