


30 \$6 Special BBQ Ribs or Chicken Baked Potatoes Zucchini Dessert	31 Soup & Sandwich \$2 Clam Chowder or Bean & Ham Soup Chicken Salad or Egg Salad Sandwich Dessert	1 Chicken & Spinach Lasagna Roll-Ups Side Salad Pears 453 cal. 11g fat 49carb 8g fiber 9g sugar 17g prot. 1,374mg sod	2 Trivia Night Beef Stew / Dinner Roll Cottage Cheese with Pineapple 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g protein 1,328mg sod.	3 Enchiladas Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	4 Chicken Ala King over Biscuits Peas & Carrots Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	5 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
6 Pork Roast or Cod Sweet Potatoes Normandy Veggies Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	7 Labor Day Grilled Hamburgers Potato Salad Baked Beans Watermelon 	8 Pineapple Ham Spinach or Broccoli Quiche Pineapple Chunks 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.	9 Ranch Chicken Legs Country Potatoes Mixed Vegetables 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.	10 Scam Presentation Open Faced Beef Sandwiches Red Skin Potatoes Peas / Side Salad / Fruit 600 cal 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 sod.	11 Stuffed Peppers Mashed Potatoes Green Beans 665 cal. 23g fat 59 carb 52g protein	12 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
13 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	14 USA Wild Caught Cod Baked Potatoes Brussels Sprouts 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium	15 Flu Shots Salsa Meat Loaf Mashed Potatoes Stewed Tomatoes 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.	16 Pork Chop with Sauerkraut Country Potatoes Carrots 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	17 White Chicken Chili Dinner Roll Side Salad 666 calories; 11.6 g fat; 2,726 mg sodium. 53 g carbohydrates; 34.7 g protein	18 Grilled Salmon Mashed Sweet Potatoes Broccoli 500 cal. 15g fat 66 carb 4g fib. 10 sugar 31g pro. 869mg sod	19 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
20 Roast Turkey Mashed Potatoes / Gravy Green Beans Cranberries 600 cal. 26g fat 75 carb 12g fiber 10g sugar 39g pro. 713 mg sod.	21 Beef Tips Over Noodles Spinach Watermelon 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod.	22 Chicken, Shrimp and Rice Stew with peas Broccoli Salad 728 Cal. 10g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium	23 Liver and Onions or Salisbury Steak Mashed Potatoes Beets 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.	24 Health Odyssey (Capacity is limited) Marinated Chicken Breast Brown and Wild Rice Broccoli / Salad / Fruit 583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod	25 Goulash with Corn Garlic Bread Green Beans / Fruit 616 cal. 26g fat 41 carb 7g fiber 2g sugar 32g protein 757mg sod	26 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
27 \$6 Special BBQ Ribs or Chicken Baked Potatoes Baked Beans/Dessert	28 Pepper Steak over Brown and Wild Rice Stir Fry Veggies / Fruit 596 cal. 18g fat 61carb 4g fiber 10g sugar 28g pro 1280mg sod	29 Shepherd's Pie Side Salad / Peaches 596 cal. 23g fat 75 carb 4g fiber 20g sugar 33g protein 748mg sod	30 Soup & Sandwich \$2 Chicken with Rice Soup or Tomato Soup Grilled Cheese or Ham & Cheese / Dessert	<ul style="list-style-type: none"> • 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. 		

September 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. 734.241.0404