



734.241.0404



29
Goulash
Corn
Side Salad

518 cal. 11g fat 78 carb
10g fiber 25g sugar
31g protein 1,122 mg sod

30
USA Wild Caught Cod
Baked Potatoes
Brussels Sprouts

600 cal. 15g fat 66 carb
4g fiber 10 sugar 31g pro.
969mg sodium

31 Soup & Sandwich \$2
Chicken Tortellini Soup or
Bean & Ham Soup
Chicken Salad or Egg
Salad Sandwich
Dessert

1 New Year's

Sloppy Joes
French Fries
Baked Beans
Dessert



2
Breakfast
8:00 to 1:00

Noon Meal
11:00 to 1:00

3
Roast Beef or
Salmon
Mashed Potatoes
Cauliflower / Pears

805 cal. 48 g fat 133
carb 10g fiber 20g sugar
41g pro 1,117 mg sod

4
Beef Stew
Dinner Roll
Cottage Cheese

621 cal. 14g fat 78 carb
4g fiber 5g sugar 46g prot.
1,328mg sod.

5
Marinated Chicken
Breast
Brown and Wild Rice
Broccoli

583cal. 23g fat 70 carb 6g
fiber 40g pro 415 mg sod

6
Pork Chop with
Mushroom Gravy
Country Potatoes
Carrots / Applesauce

683 cal.15g fat 4 carb 12g fiber
4g sugar 27g pro. 1,655mg sod

7
Shepherd's Pie
Broccoli Salad
Peaches

596 cal. 23g fat 75 carb 4g
fiber 20g sugar 33g protein
748mg sodium

8
Grilled Chicken Breast over
a bed for lettuce greens
Multi-Grain Bread
Fruit

880 cal. 23g fat 127carb 12g fiber
47g sugar 40g pro 1,211 mg sod.

9
Breakfast
8:00 to 1:00

Noon Meal
11:00 to 1:00

10
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.

11
Monterey Chicken
Country Potatoes
Normandy Vegetables
Side Salad

742 cal. 40g fat 38carb 46g
pro 2,906mg sod.

12
Taco Salad over Chips
Spanish Rice
Refried Beans
Stewed Tomatoes

906 cal. 29g fat 133carb 12g fiber
4g sugar 34g protein 1,838mg sod

13
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

14
Liver and Onions or
Salisbury Steak
Baked Potatoes
Green Beans

656 cal. 34g fat 76 carb 8g fiber
8g sugar 29g protein 1,548 sod.

15
Meat Lasagna
Garlic Bread
Broccoli

616 cal. 26g fat 41 carb
7g fiber 2g sugar 32g protein
757mg sod

16
Breakfast
8:00 to 1:00

Noon Meal
11:00 to 1:00

17
Pork Roast /Chicken
Sweet Potatoes
Normandy Veggies
Applesauce

503 cal. 18g fat 65 carb
9g fiber 4g sugar
31g pro. 749mg sodium

18
Beef Pot Pie
Cottage Cheese with
Peaches

695 cal. 24g fat 82 carb
6g fiber 4g sugar 22g
prot. 602mg sodium

19
Baked Potato Bar with
Chili, Broccoli, Cheese
Side Salad

565 cal. 19g fat 72 carb
10g fiber 8g sugar 30g prot.
1,253mg sodium

20
Ranch Chicken
Rice Pilaf
Glazed Carrots

880 cal. 23g fat 127carb
12g fiber 47g sugar 40g pro
1,211 mg sod.

21
Open Faced Beef
Sandwiches with gravy
Mashed Potatoes
Peas

600 cal. 26g fat 75 carb
12g fiber 10g sugar 39g prot.
1,713 mg sod.

22
Baked Salmon
Red Skin Potatoes
Cauliflower / Fruit

500 cal. 15g fat 66 carb
4g fiber 10 sugar 31g pro.
869mg sodium

23
Breakfast
8:00 to 1:00

Noon Meal
11:00 to 1:00

24 Roast Turkey
Mashed Potatoes
Gravy / Green Beans
Cranberries

600 cal. 26g fat 75 carb
12g fiber 10g sugar 39g
prot. 1,713 mg sod.

25
BBQ Chicken Sandwiches
Sweet Potato Wedges
Celery Salad

1,088 cal. 46g fat 98 carb
15g fiber 18g sugar

26
Salsa Meat Loaf
Mashed Potatoes
Stewed Tomatoes

464 cal 30g fat 29 carb 15g fiber
12g sug 30g pro 369 sod.

27
Sweet & Sour Pork
Brown Rice
Stir Fry Vegetables

600 cal. 8g fat 94 carb 9g fiber
24g sugar 25g pro. 904mg sod.

28 Health Odyssey
(Capacity is limited)
Chicken Bruschetta
Country Potatoes
Mixed Vegetables
Side Salad / Fruit

29 Soup & Sandwich \$2
Chicken with Rice or
Clam Chowder Soup
Grilled Ham and
Cheese Sandwich
Dessert

30
Breakfast
8:00 to 1:00

Noon Meal
11:00 to 1:00

31 \$6 Special
BBQ Ribs or Chicken
Baked Potatoes
Green Beans
Dessert



Monroe Center meals are open to the public.
Chef Salad Option on Wednesdays. Soup is offered, as available.
Menu is subject to change.
Carry Out continues to be available at the front and back doors.

January
2021