

<p>2 Spiral Ham / Salmon Au Gratin Potatoes Glazed Carrots Pineapple</p> <p>896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.</p>	<p>3 Cornmeal Oven Fried Chicken Legs Red Skin Potatoes Broccoli</p> <p>Cal-343 Sod-334mg Carb 37g Protein 25g</p>	<p>4 Shepherd's Pie Cottage Cheese with Peaches</p> <p>695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium</p>	<p>5 Tuna Noodle Casserole Green Peas Applesauce</p> <p>717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g protein 948mg sodium</p>	<p>6 Open Faced Beef Sandwiches Mashed Potatoes Green Beans / Fruit</p> <p>600 cal 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 sod.</p>	<p>7 Spaghetti Spinach Side Salad / Garlic Bread</p> <p>518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod</p>	<p>8 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>
<p>9 Mother's Day Roast Turkey / Cod Mashed Potatoes Gravy Green Beans</p> <p>600 cal 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 sod.</p>	<p>10 Beef Tips Over Noodles Harvard Beets Watermelon</p> <p>765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod.</p>	<p>11 Pork Chop with Mushroom Gravy Mashed Potatoes Broccoli / Applesauce</p> <p>683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p>	<p>12 Limerick Day Baked Salmon Red Skin Potatoes Cauliflower / Dessert</p> <p>500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>13 Healthy Brain Beef Stew Dinner Roll Fresh Fruit</p> <p>621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g pro. 1,328mg sod.</p>	<p>14 Ranch Chicken Country Potatoes Mixed Vegetables</p> <p>880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.</p>	<p>15 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>
<p>16 Bingo Pork Roast /Chicken Red Skin Potatoes Normandy Veggies</p> <p>503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>	<p>17 Salsa Meat Loaf Mashed Potatoes Creamed Corn</p> <p>464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.</p>	<p>18 Taco Salad w/Chips Spanish Rice / Refried Beans / Stewed Tomatoes</p> <p>906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod</p>	<p>19 Plant a Garden Day Home-Made Pizza (two slices) Fresh Fruit Broccoli Salad Dessert</p>	<p>20 Chicken Bruschetta Red Skin Potatoes Mixed Vegetables</p> <p>858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod.</p>	<p>21 BBQ Chicken Sandwiches Sweet Potato Wedges Side Salad</p> <p>1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>22 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>
<p>23 Roast Beef or Salmon Mashed Potatoes Cauliflower / Pears</p> <p>805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p>24 Chicken Parmesan over Spaghetti Squash Spinach Side Salad</p> <p>858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro. 1,278 mg sod.</p>	<p>25 Unbreaded Pork Chops Baked Potato Broccoli</p> <p>583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod</p>	<p>26 Liver and Onions or Salisbury Steak Mashed Potatoes Green Beans</p> <p>656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.</p>	<p>27 Health Odyssey USA Wild Caught Cod Country Potatoes Normandy Vegetables Side Salad / Dessert</p> <p>600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium</p>	<p>28 Nat'l Hamburger Day Grilled Hamburgers Potato Salad Baked Beans Dessert</p> 	<p>29 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>
<p>30 \$6 Special BBQ Ribs or Chicken Baked Potatoes Green Beans Dessert</p>	<p>31 Memorial Day Soup & Sandwich \$2 Clam Chowder or Chicken and Rice Soup Chicken Salad or Egg Salad Sandwich Dessert</p>	<p>June 1 Stuffed Cabbage Mashed Potatoes Corn</p> <p>665 cal. 23g fat 59 carb 52g protein</p>	  <p>734.241.0404</p>			

Monroe Center meals are open to the public. Carry Out continues. Chef Salad Option on Wednesdays. Soup, as available. Menu is subject to change.
May 12: Limerick Day — Bring in a Limerick and receive \$1 off of lunch