



<p><b>31 \$6 Special</b></p> <p>BBQ Ribs or Chicken Baked Potatoes Normandy Veggies Dessert</p>  <p><b>Halloween</b></p>	<p><b>1 Ford Retirees</b></p> <p>Meat Lasagna Garlic Bread Spinach Side Salad</p> <p>616 cal. 26g fat 41 carb 7g fiber 2g sugar 32g protein 757mg sod</p>	<p><b>2</b></p> <p>UnBreaded Pork Chops Mashed Potatoes Peas Applesauce</p> <p>808 cal. 22g fat, 48g carb. 12g fiber 18g sugar 36g protein 489mg sod</p>	<p><b>3 Birthday Dinner</b></p> <p>Spiral Ham with pineapple Au Gratin Potatoes Glazed Carrots Birthday Cake &amp; Ice Cream</p> <p>896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.</p>	<p><b>4</b></p> <p>Chicken Ala King with Peas &amp; Carrots over Homemade Biscuits Fruit</p> <p>469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.</p>	<p><b>5</b></p> <p>USA Wild Caught Cod Brown and Wild Rice Normandy Vegetables</p> <p>600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium</p>	<p><b>6</b></p> <p>Breakfast 8:00 to 1:00</p> <p><b>Noon Meal 11:00 to 1:00</b></p>
<p><b>7 Bingo</b></p> <p>Pork Roast / Salmon Sweet Potatoes Green Beans</p> <p>503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>	<p><b>8 International Tongue Twister Day</b></p> <p>Stuffed Cabbage Mashed Potatoes Stewed Tomatoes Pears / Dessert</p> <p>665 cal. 23g fat 59 carb 52g protein</p>	<p><b>9</b></p> <p>Ranch Chicken Rice Pilaf / Glazed Carrots Side Salad</p> <p>880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.</p>	<p><b>10</b></p> <p>White Chicken Chili Dinner Roll Broccoli Salad</p> <p>666 calories; 11.6 g fat; 2,726 mg sodium. 53 g carbohydrate; 34.7 g protein</p>	<p><b>11 Rummage Sale</b></p> <p>Home-Made Pizza (two slices) Fruit Tossed Salad Dessert</p> 	<p><b>12 Rummage Sale</b></p> <p>BBQ Chicken Sandwiches Sweet Potato Wedges Baked Beans Dessert</p> <p>1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p><b>13</b></p> <p>Breakfast 8:00 to 1:00</p> <p><b>Noon Meal 11:00 to 1:00</b></p>
<p><b>14</b></p> <p>Chicken Cordon Bleu or Baked Cod Country Potatoes Mixed Vegetables</p> <p>858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod</p>	<p><b>15</b></p> <p>Salsa Meat Loaf Mashed Red Skins Corn / Side Salad</p> <p>464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369mg sod.</p>	<p><b>16</b></p> <p>Baked Salmon Brown and Wild Rice Brussels Sprouts</p> <p>500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p><b>17</b></p> <p>Pork Chop with Sauerkraut Mashed Potatoes Broccoli / Applesauce</p> <p>683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p>	<p><b>18 Class of '67 Breakfast Health Odyssey</b></p> <p>Open Faced Beef Sandwich Mashed Potatoes Green Beans / Side Salad Fruit</p> <p>600 cal 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 sod.</p>	<p><b>19</b></p> <p>Liver and Onions or Salisbury Steak Baked Potatoes Beets</p> <p>656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.</p>	<p><b>20</b></p> <p>Breakfast 8:00 to 1:00</p> <p><b>Noon Meal 11:00 to 1:00</b></p>
<p><b>21</b></p> <p>Roast Beef or Baked Chicken Mashed Potatoes Cauliflower</p> <p>805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p><b>22 Love Your Freckles</b></p> <p>Beef Pot Pie Cottage Cheese with Pineapple</p> <p>695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium</p>	<p><b>23</b></p> <p>Marinated Chicken Breast Baked Potato Normandy Vegetables</p> <p>583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod</p>	<p><b>24</b></p> <p>Spaghetti Corn Multi-Grain Bread Peaches</p> <p>518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g prot 1,122 mg sod</p>	<p><b>25 Thanksgiving Day</b></p> <p>Roast Turkey / Stuffing Mashed Potatoes / Gravy Green Beans / Cranberries Pumpkin Pie</p> <p>600 cal 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 sod.</p>	<p><b>26</b></p> <p>Chicken Noodle Casserole with Peas and Carrots Pears</p> <p>717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g protein 948mg sodium</p>	<p><b>27</b></p> <p>Breakfast 8:00 to 1:00</p> <p><b>Noon Meal 11:00 to 1:00</b></p>
<p><b>28 \$6 Special</b></p> <p>BBQ Ribs or Chicken Baked Potatoes Broccoli Dessert</p>	<p><b>29</b></p> <p>Taco Salad w/ Chips Spanish Rice / Refried Beans / Tomatoes</p> <p>906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod</p>	<p><b>30 Soup &amp; Sandwich \$2</b></p> <p>Chicken with Rice or Vegetable Beef Soup Grilled Ham and Cheese Sandwich Dessert</p>	  <p><b>734.241.0404</b></p>			

Monroe Center meals are open to the public. Chef Salad Option on Mon. Tuesday & Wed. Soup, as available. Menu is subject to change.

November 8: International Tongue Twister Day — Bring in and Say a Tongue Twister and get \$1.00 off your lunch.

November 22: Love Your Freckles Day — Show us your freckles (real or hand painted) and get \$1.00 off your lunch.