

<p>31 \$6 Special</p> <p>BBQ Ribs or Chicken Country Potatoes Normandy Veggies Dessert</p>	<p>1 Ford Retirees</p> <p>Baked Salmon Red Skin Potatoes Cauliflower</p> <p>500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>2</p> <p>Turkey Burgers with Sautéed Onions Sweet Potato Fries Baked Beans</p> <p>1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>3 Birthday Dinner</p> <p>Spiral Ham w/ pineapple Au Gratin Potatoes Cauliflower Birthday Cake & Ice Cream</p> <p>896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.</p>	<p>4</p> <p>Shepherd's Pie Side Salad Peaches</p> <p>596 cal. 23g fat 75 carb 4g fiber 20g sugar 33g protein 748mg sodium</p>	<p>5</p> <p>Chicken Parmesan over Spaghetti Spinach</p> <p>858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro. 1,278 mg sod.</p>	<p>6</p> <p>Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>
<p>7</p> <p>Roast Turkey / Cod Mashed Potatoes Stuffing Green Beans</p> <p>600 cal 26g fat 75 carb 12g fiber 10g sugar 39g protein 1,713 sod</p>	<p>8</p> <p>Chicken, Shrimp and Rice Stew with peas Broccoli Salad</p> <p>728 Cal. 10g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium</p>	<p>9</p> <p>Egg Benedict Casserole Fresh Fruit</p> <p>341 calories; protein 18g; carbs 24g; fat 14.g; cholesterol 184mg; sodium 1053 mg.</p>	<p>10</p> <p>Pork Chops Mashed Potatoes Broccoli / Applesauce</p> <p>683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p>	<p>11 Rummage Sale</p> <p>BBQ Chicken Sandwich Potato Salad Corn on the Cob</p> <p>1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>12 Rummage Sale</p> <p>Home-Made Pizza (two slices) Fresh Fruit Broccoli Salad</p>	<p>13</p> <p>Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>
<p>14 Bingo</p> <p>Pork Roast /Chicken Sweet Potatoes Normandy Veggies</p> <p>503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>	<p>15</p> <p>Marinated Chicken Breast Baked Potato Peas</p> <p>583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod</p>	<p>16</p> <p>Stuffed Cabbage Mashed Potatoes Stewed Tomatoes Pears</p> <p>665 cal. 23g fat 59 carb 52g protein</p>	<p>17 Class of '67 Breakfast</p> <p>Ranch Chicken Brown and Wild Rice Mixed Vegetables</p> <p>880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.</p> <p>Baby Boomer Day</p>	<p>18</p> <p>USA Wild Caught Cod Country Potatoes Normandy Vegetables</p> <p>600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium</p>	<p>19</p> <p>Sloppy Joes Sweet Potato Wedges Baked Beans Watermelon</p> <p>1,088 cal. 46g fat 98 carb 15g fiber 18g sugar (Evening Meal Tonight)</p>	<p>20</p> <p>Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>
<p>21</p> <p>Roast Beef or Salmon Red Skin Potatoes Cauliflower / Pears</p> <p>805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p>22</p> <p>Salsa Meat Loaf Mashed Potatoes Peas and Corn</p> <p>464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.</p>	<p>23</p> <p>Sausage and Sweet Potato Casserole Cranberry Muffin</p> <p>164 calories; protein 19g; carbs 24g; fat 28g; cholesterol 310mg; sodium 1254 mg</p>	<p>24 Tiger's Game</p> <p>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>25 Health Odyssey</p> <p>Chicken Cordon Bleu Red Skin Potatoes Mixed Vegetables Side Salad and Fruit</p> <p>858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod. (No other options today)</p>	<p>26</p> <p>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>27</p> <p>Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>
<p>28 \$6 Special</p> <p>BBQ Ribs or Chicken Baked Potatoes Normandy Veggies Dessert</p>	<p>29</p> <p>Sweet & Sour Pork Brown and Wild Rice Stir Fry Vegetables</p> <p>600 cal. 8g fat 94 carb 9g fiber 24g sugar 25g pro. 904mg sod.</p>	<p>30</p> <p>Spinach Lasagna Roll-Ups Garlic Bread Green Beans / Side Salad</p> <p>616 cal. 26g fat 41 carb 7g fiber 2g sugar 32g protein 757mg sod</p>	<p>31 Soup & Sandwich \$2</p> <p>Clam Chowder or Bean & Ham Soup Chicken Salad or Egg Salad Sandwich Dessert</p> <p>(No other options today)</p>	<div style="text-align: center;">  <p>2022 AUGUST</p> </div> <div style="text-align: right;">  <p>Monroe Center <i>for Healthy Aging</i></p> <p>734.241.0404</p> </div>		

Monroe Center meals are open to the public. Chef Salad Option Monday thru Thursday. Betty's Salad on Fridays. Soup, as available. Menus are subject to change.