



<p><b>2</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>3 Ford Retirees</b></p> <p>Cornflake Chicken Rice Pilaf Glazed Carrots</p> <p>880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.</p>	<p><b>4</b></p> <p>Meat or Spinach Lasagna Stewed Tomatoes Garlic Bread / Side Salad</p> <p>616 cal. 26g fat 41 carb 7g fiber 2g sugar 32g protein 757mg sod</p>	<p><b>5 Birthday Dinner</b></p> <p>Open Faced Turkey Sandwich Mashed Potatoes Green Beans Birthday Cake &amp; Ice Cream</p> <p>600 cal 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 sod.</p>	<p><b>6</b></p> <p>Pork Chop with Mushroom Gravy Country Potatoes Broccoli / Applesauce</p> <p>683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p>	<p><b>7</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>8</b></p> <p>Breakfast 8:00 to 1:00</p> <p><b>Noon Meal 11:00 to 1:00</b></p>
<p><b>9 Bingo</b></p> <p>Pork Roast / Salmon Sweet Potatoes Broccoli</p> <p>503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>	<p><b>10</b></p> <p>Spiral Ham w/ pineapple Au Gratin Potatoes Cauliflower</p> <p>896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.</p>	<p><b>11</b></p> <p>Ranch Chicken Country Potatoes Brussels Sprouts</p> <p>880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.</p>	<p><b>12</b></p> <p>Tuna Noodle Casserole with Peas Peaches / Side Salad</p> <p>717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g protein 948mg sodium</p>	<p><b>13 Rubber Ducky Day</b></p> <p>USA Wild Caught Cod Baked Sweet Potato Normandy Vegetables Dessert</p> <p>600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sod.</p>	<p><b>14</b></p> <p>Salsa Meat Loaf Mashed Red Skins Cauliflower Side Salad</p> <p>464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.</p>	<p><b>15</b></p> <p>Breakfast 8:00 to 1:00</p> <p><b>Noon Meal 11:00 to 1:00</b></p>
<p><b>16</b></p> <p>Roast Turkey / Cod Mashed Potatoes With Gravy Corn / Cranberries</p> <p>600 cal 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 sod.</p>	<p><b>17</b></p> <p>Beef Tips Over Noodles Harvard Beets Cottage Cheese</p> <p>765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod.</p>	<p><b>18</b></p> <p>BBQ Pork Sandwich Potato Salad Green Bean Casserole</p> <p>1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p><b>19 Class of '67 Breakfast</b></p> <p>Marinated Chicken Breast Baked Potato Peas</p> <p>583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod</p>	<p><b>20 Snowball Games</b></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><b>21 Squirrel Appreciation</b></p> <p>Liver and Onions or Salisbury Steak Mashed Potatoes Mixed Veggies / Dessert</p> <p>656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.</p>	<p><b>22</b></p> <p>Breakfast 8:00 to 1:00</p> <p><b>Noon Meal 11:00 to 1:00</b></p>
<p><b>23</b></p> <p>Roast Beef or Baked Chicken Red Skin Potatoes Cauliflower</p> <p>805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p><b>24</b></p> <p>Stuffed Cabbage Rolls Mashed Potatoes Stewed Tomatoes Pears</p> <p>665 cal. 23g fat 59 carb 52g protein</p>	<p><b>25</b></p> <p>Baked Salmon Country Potatoes Spinach</p> <p>500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p><b>26 Valentine Craft</b></p> <p>Sweet &amp; 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><b>27 Health Odyssey</b></p> <p>Chicken Bruschetta Country Potatoes Mixed Vegetables Side Salad / Fresh Fruit</p> <p>858cal. 51g fat 65 carb 7g fiber 5g sugar 39g prot. 1,278 mg sod.</p>	<p><b>28</b></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><b>29</b></p> <p>Breakfast 8:00 to 1:00</p> <p><b>Noon Meal 11:00 to 1:00</b></p>
<p><b>30 \$6 Special</b></p> <p>BBQ Ribs or Chicken Baked Potatoes Normandy Veggies Dessert</p>	<p><b>31 \$2 Soup and Sandwich Day</b></p> <p>Tomato Soup or Chicken Tortilla Soup Egg Salad or Grilled Cheese Sandwich Dessert</p>	 <p><b>JANUARY</b></p>				 <p><b>Monroe Center</b> <i>for Healthy Aging</i> <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.**

January 13— National Rubber Ducky Day — Bring in a Rubber Ducky and get \$1 off of lunch

January 21 — Squirrel Appreciation Day — Bring in some peanuts to feed the squirrels and get \$1 off of lunch