

			<b>1 Birthday Dinner</b> Open Faced Beef Sandwich Mashed Potatoes Green Beans Cake and Ice Cream 600 cal 26g fat 75 carb 12g fiber 10g sugar 39g protein 1,713 sod	<b>2</b> Stuffed Cabbage Country Potatoes Stewed Tomatoes 665cal. 23g fat 59 carb 52g protein	<b>3</b> Lasagna Spinach Side Salad / Garlic Bread 518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod	<b>4</b> Breakfast 8:00 to 1:00 <b>Noon Meal 11:00 to 1:00</b>
<b>5</b> Spiral Ham / Cod AuGratin Potatoes Glazed Carrots Pineapple 896 cal. 30g fat 83 carb 9g sugar 30g protein 1,761 mg sodium	<b>6 Ford Retirees</b> BBQ Pork Sandwich Potato Salad Green Bean Casserole 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	<b>7</b> Russian or Blueberry Pancakes Sausage Fresh Oranges & Bananas	<b>8</b> Chicken Ala King over Biscuits Peas & Carrots Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	<b>9 Donald Duck Day</b> Baked Salmon Red Skin Potatoes Cauliflower Dessert 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	<b>10</b> Sloppy Joes Sweet Potato Wedges Baked Beans Watermelon 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	<b>11</b> Breakfast 8:00 to 1:00 <b>Noon Meal 11:00 to 1:00</b>
<b>12 Bingo</b> Pork Roast /Chicken Red Skin Potatoes Normandy Veggies 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	<b>13</b> Pork Chop with Mushroom Gravy Mashed Potatoes Broccoli / Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	<b>14 Flag Day</b>  Ranch Chicken Brown and Wild Rice Mixed Vegetables 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.	<b>15 Class of '67 Breakfast</b> Beef Tips Over Noodles Harvard Beets Fruit 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro.1,189mg sod. <b>Memorial for Donna J.</b>	<b>16</b> Salsa Meat Loaf Mashed Potatoes Peas and Corn 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.	<b>17 Int'l Picnic Day</b> Turkey Burgers with pineapple French Fries Corn on the Cob / Brownie 1,088 cal. 46g fat, 98 carb 15g fiber 18g sugar	<b>18</b> Breakfast 8:00 to 1:00 <b>Noon Meal 11:00 to 1:00</b>
<b>19 Fathers Day</b> Roast Beef or Salmon Baked Potatoes Cauliflower / Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	<b>20</b> Sweet & Sour Pork Angel Hair Noodles Stir Fry Vegetables Applesauce 600 cal. 8g fat 94 carb 9g fiber 24g sugar 25g pro. 904mg sod.	<b>21</b> Tuna Noodle Casserole with Peas Cole Slaw 717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g protein 948mg sodium	<b>22</b> Taco Salad with Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	<b>23 Health Odyssey</b> Chicken Bruschetta Red Skin Potatoes Mixed Vegetables Side Salad and Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod. (No other options today)	<b>24</b> Liver and Onions or Salisbury Steak Mashed Potatoes Green Beans 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod.	<b>25</b> Breakfast 8:00 to 1:00 <b>Noon Meal 11:00 to 1:00</b>
<b>26 \$6 Special</b> BBQ Ribs or Chicken Mashed Potatoes California Blend Vegetables Dessert	<b>27</b> Chicken or Beef Pot Pie Cottage Cheese with Peaches 695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium	<b>28</b> Pineapple Ham Spinach or Broccoli Quiche Cottage Cheese 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.	<b>29</b> USA Wild Caught Cod Country Potatoes Normandy Vegetables 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium	<b>30 Soup &amp; Sandwich \$2</b> Vegetable Beef or Chicken Noodle Soup Sloppy Joe or Egg Salad Sandwich Dessert (No other options today)	 <b>734.241.0404</b> <b>Friday Night Meal Available June 17<sup>th</sup></b> Chicken Kabobs	

**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.**