





<p>1</p> <p>Honey Ham Scalloped Potatoes Green Peas</p> <p>658cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro. 1,278 mg sod.</p>	<p>2 Ford Retirees</p> <p>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>3</p> <p>Open Faced Beef Sandwiches Mashed Potatoes Green Beans</p> <p>600 cal 26g fat 75 carb 12g fiber 10g sugar 39g prot. 1,713 sod</p>	<p>4 Birthday Dinner</p> <p>Chicken Bruschetta Red Skin Potatoes Mixed Vegetables Cake and Ice Cream</p> <p>858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod.</p>	<p>5</p> <p>Stuffed Peppers Country Potatoes Stewed Tomatoes</p> <p>665cal. 23g fat 59 carb 52g protein</p>	<p>6</p> <p>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>Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>	
<p>8 Mother's Day</p> <p>Roast Turkey / Cod Mashed Potatoes Green Beans</p> <p>500 cal 26g fat 75 carb 12g fiber 1,713 sod.</p> 	<p>9</p> <p>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>10</p> <p>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>11</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>12 Rummage Sale</p> <p>Home-Made Pizza Fresh Fruit Broccoli Salad</p> <p>Dessert</p>	<p>13 Rummage Sale</p> <p>BBQ Chicken Sandwiches Sweet Potato Wedges Side Salad</p> <p>1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>	
<p>15 Bingo</p> <p>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>16</p> <p>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>17</p> <p>Beef Stoganoff Side Salad Fresh Fruit</p> <p>679 cal. 40g fat 48.2 carb 30g pro. 658 mg sod.</p>	<p>18 Class of '67 Breakfast</p> <p>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>19</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>20</p> <p>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>Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>	
<p>22</p> <p>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>23 Nat'l Lucky Penny</p> <p>Chicken Parmesan over Spaghetti Squash Spinach Side Salad / Dessert</p> <p>858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro. 1,278 mg sod.</p>	<p>24</p> <p>Egg Casserole — Ham & Cheese or Broccoli Hash Brown Casserole Fresh Fruit — Bananas & Pineapple</p>	<p>25</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>26 Health Odyssey</p> <p>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>27 Nat'l Hamburger Day</p> <p>Grilled Hamburgers Potato Salad Baked Beans Dessert</p> 	<p>Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>	
<p>29 \$6 Special</p> <p>BBQ Ribs Mashed Potatoes California Blend Vegetables Dessert</p>	<p>30 Memorial Day</p> <p>BBQ Chicken Mashed Sweet Potatoes Broccoli Salad</p> <p>858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro. 1,278 mg sod.</p>	<p>31 Soup & Sandwich \$2</p> <p>Cream of Broccoli or Vegetable Beef Soup Chicken Salad or Grilled Ham Sandwich Dessert</p>				 <p>734.241.0404</p>	<p>Friday Night Meal Available May 20th</p>

**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.**