

September 2022

				<p>1 Tuna Noodle Casserole with Peas Peaches / Side Salad 717 cal. 35g fat 77 carbs. 7g fiber 33g sugar 23g protein 948mg sodium</p>	<p>2 Spaghetti Spinach Side Salad Garlic Bread 518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod</p>	<p>3 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>
<p>4 Spiral Ham with pineapple Au Gratin Potatoes Cauliflower 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.</p>	<p>5 Labor Day Sloppy Joes Sweet Potato Wedges Baked Beans Watermelon 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>6 Beef Stoganoff Side Salad Fresh Fruit 679 cal. 40g fat 48.2 carb 30g pro. 658 mg sod.</p>	<p>7 Birthday Dinner Roast Turkey Mashed Potatoes Stuffing Green Beans 600 cal 26g fat 75 carb 12g fiber 10g sugar 39g protein 1,713 sod</p>	<p>8 BBQ Pork Sandwich Potato Salad Green Bean Casserole 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>9 Cornflake Chicken Rice Pilaf Glazed Carrots 880 cal. 23g fat 127carb 12g-fiber 47g sugar 40g pro 1,211 mg sod.</p>	<p>10 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>
<p>11 Bingo Pork Roast /Chicken Sweet Potatoes Normandy Veggies 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>	<p>12 Ford Retirees Pork Chops Mashed Potatoes Broccoli Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p>	<p>13 Egg Casserole — Ham & Cheese or Broccoli Hash Brown Casserole Fresh Fruit — Bananas & Pineapple</p>	<p>14 Senior Ctr. Month Chicken Bruschetta Red Skin Potatoes Mixed Vegetables Dessert 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod.</p>	<p>15 Baked Salmon Red Skin Potatoes Cauliflower 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>16 BBQ Chicken Sandwiches Veggie Chips Side Salad 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar (Steak Roast Tonight)</p>	<p>17 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 Vendor Show</p>
<p>18 Roast Beef or Salmon Red Skin Potatoes Cauliflower / Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p>19 Chicken Ala King with Peas & Carrots over Homemade Biscuits Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.</p>	<p>20 Turkey Burgers with Sautéed Onions Sweet Potato Fries Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>21 Class of '67 Breakfast Salsa Meat Loaf Mashed Potatoes Peas and Corn 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.</p>	<p>22 Health Odyssey Marinated Chicken Breast Baked Potato Peas / Fruit 583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod (No other options today)</p>	<p>23 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.</p>	<p>24 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>
<p>25 \$6 Special BBQ Ribs or Chicken Mashed Potatoes Normandy Veggies Dessert</p>	<p>26 Unbreaded Pork Chops Baked Potato Broccoli 583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod</p>	<p>27 French Toast Casserole Two Sausage Links Grilled Apples</p>	<p>28 Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod</p>	<p>29 USA Wild Caught Cod Country Potatoes Normandy Vegetables 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium</p>	<p>30 Soup & Sandwich \$2 Vegetable Beef or Chicken Noodle Soup Tuna Salad or Grilled Ham & Cheese Sandwich Dessert (No other options today)</p>	 <p>Monroe Center <i>for Healthy Aging</i> 734.241.0404</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.