


<p>March 30</p> <p>\$6 Special</p> <p>BBQ Ribs or Chicken Baked Potatoes Vegetable Dessert</p>	<p>31 Soup & Sandwich \$2</p> <p>Vegetable Beef or Sweet Potato Soup Grilled Cheese or Tuna Fish Sandwich / Cookie (No other options today)</p>	<p>April 1</p> <p>Chili Multi-Grain Bread Celery Salad</p> <p>666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbohydrates; 34.7 g protein</p>	<p>2 Birthday Dinner</p> <p>Open-Face Beef Sandwiches /Gravy Mased Potatoes / Beans Birthday Cake & Ice Cream</p> <p>805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod (No hamburgers today)</p>	<p>3</p> <p>Cornflake Chicken Baked Potatoes Mixed Vegetables</p> <p>880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.</p>	<p>4</p> <p>Baked Salmon Brown and Wild Rice Mixed Vegetables</p> <p>500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>5</p> <p>Breakfast 8:00 to 1:00</p> <p>Noon Meal 11:00 to 1:00</p>
<p>6</p> <p>Pork Roast or Cod Mashed Potatoes Corn / Applesauce</p> <p>503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>	<p>7 Ford Retirees BK/ Lunch Lunch & Learn</p> <p>Chicken Bruschetta Red Skin Potatoes Peas / Fruit OR Chef Salad 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod.</p>	<p>8 Class of '58 Lunch</p> <p>Taco Salad Spanish Rice Refried Beans Stewed Tomatoes</p> <p>906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod</p>	<p>9</p> <p>Pork Chops with Mushroom Gravy Mashed Potatoes Green Beans</p> <p>683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p>	<p>10</p> <p>Turkey Burgers with Sautéed Onions French Fries Mixed Vegetables</p> <p>1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>11</p> <p>Vegetable Lasagna (no meat) Green Beans / Salad Garlic Bread</p> <p>616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod</p>	<p>12</p> <p>Breakfast 8:00 to 1:00</p> <p>Noon Meal 11:00 to 1:00</p>
<p>13 Bingo</p> <p>Roast Beef / 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>14</p> <p>Ranch Chicken County Potatoes Green Beans Fresh Fruit</p> <p>880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.</p>	<p>15</p> <p>BBQ Pork Sandwich Sweet Potato Wedges Celery Salad</p> <p>1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>16 Class of '67 Breakfast</p> <p>Salsa Meat Loaf Mashed Potatoes Stewed Tomatoes</p> <p>464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.</p>	<p>17</p> <p>Pork Chops with Sauerkraut Mashed Potatoes Mixed Vegetables</p> <p>683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p>	<p>18 Good Friday — Center is open 8:00—2:00</p> <p>USA Wild Caught Cod Country Potatoes Broccoli / Fruit</p> <p>600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sod</p>	<p>19</p> <p>Breakfast 8:00 to 12:00</p> <p>Noon Meal 11:00 to 1:00</p>
<p>20 Easter Buffet \$6 Special</p> <p>Spiral Ham Chicken Mostaccioli Scalloped Potatoes Broccoli / Salads Rolls / Dessert s</p>	<p>21</p> <p>Spaghetti Spinach Garlic Bread / Fruit</p> <p>518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod</p>	<p>22</p> <p>Sweet & Sour Pork Brown and Wild Rice Stir Fry Vegetables Fruit</p> <p>600 cal. 8g fat 94 carb 9g fiber 24g sug. 25g pro. 904mg sod.</p>	<p>23</p> <p>Stuffed Peppers Mashed Potatoes Stewed Tomatoes</p> <p>665 cal. 23g fat 59 carb 52g protein</p>	<p>24 Health Odyssey</p> <p>Roast Turkey Mashed Potatoes Green Beans Side Salad / Fruit</p> <p>858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod. (No other options today)</p>	<p>25</p> <p>Liver & Onions or Salisbury Steak Mashed Potatoes Broccoli</p> <p>656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod</p>	<p>26</p> <p>Breakfast 8:00 to 12:00</p> <p>Noon Meal 11:00 to 1:00</p>
<p>27 \$6 Special</p> <p>BBQ Ribs or Chicken Baked Potatoes Vegetable Dessert</p>	<p>28</p> <p>Beef Tips Over Noodles Beets Cottage Cheese</p> <p>765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro.1,189mg sod</p>	<p>29</p> <p>Chicken Noodle Casserole w/Peas & Carrots Fresh Fruit</p> <p>469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.</p>	<p>30 Soup & Sandwich \$2</p> <p>Chicken Tortilla or Bean with Ham Soup Grilled Cheese or Tuna Fish Sandwich / Cookie (No other options today)</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. On Lunch & Learn days, the Main Choice or Chef Salad are available — no other options — Lunch & Learn meal served at 11:30 a.m.