



May 2025

<p>1 Israel Presentation Ranch Chicken County Potatoes Green Beans Fresh Fruit 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.</p>		<p>2 Spiral Ham w/pineapple Scalloped Potatoes Green Beans / Side Salad 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod.</p>		<p>3 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>		
<p>4 Bingo Pork Roast or Cod Mashed Potatoes Corn / Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>	<p>5 Ford Retirees BK/ Lunch Baked Salmon Brown and Wild Rice Mixed Vegetables Multi-Grain Bread 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>6 Chicken Ala King with Peas & Carrots over Biscuits Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.</p>	<p>7 Birthday Dinner Open-Face Turkey Sandwiches /Gravy Mased Potatoes / Beans Birthday Cake & Ice Cream 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod (No hamburgers today)</p>	<p>8 Rummage Sale Sloppy Joes Veggie Chips Cole Slaw Fresh Fruit 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>9 Rummage Sale BBQ Chicken Sandwich Potato Salad Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>10 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>
<p>11 Mother's Day Roast Turkey Mashed Potatoes Green Beans Side Salad / Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod</p>	<p>12 Shepherd's Pie Cottage Cheese with Peaches 695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g protein 602mg sodium</p>	<p>13 Class of '58 Lunch USA Wild Caught Cod Country Potatoes Broccoli Fresh Fruit 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sod</p>	<p>14 Shrimp Fettuccini Mixed Vegetables Side Salad / Fresh Fruit 540 cal. 11g fat 58 carb 11g fiber 10g sugar 29g pro. 689 mg sod.</p>	<p>15 Volunteer Dinner (in evening) BBQ Pork Sandwich Sweet Potato Wedges Celery Salad 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>16 Salsa Meat Loaf Mashed Potatoes Stewed Tomatoes Dinner Roll 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.</p>	<p>17 Breakfast 8:00 to 12:00 Noon Meal 11:00 to 1:00</p>
<p>18 Roast Beef / Salmon Red Skin Potatoes Cauliflower Pears / Dinner Roll 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p>19 Lasagna Green Beans / Side Salad Garlic Bread 616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod</p>	<p>20 Grilled Pork Chops Mashed Potatoes Broccoli / Fruit Salad 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p>	<p>21 Class of '67 Breakfast Liver & Onions or Salisbury Steak Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod</p>	<p>22 Health Odyssey Chicken Bruschetta Red Skin Potatoes Peas / Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod. (No other options today)</p>	<p>23 Taco Salad Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod</p>	<p>24 Breakfast 8:00 to 12:00 Noon Meal 11:00 to 1:00</p>
<p>25 \$6 Special BBQ Ribs or Chicken Baked Potatoes Vegetable Dessert</p>	<p>26 Memorial Day Turkey Burgers with Sautéed Onions French Fries Fresh, raw vegetables Watermelon 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>27 Broccoli Quiche or Ham and Onion Quiche Hash Brown Potatoes Fresh Oranges & Bananas</p>	<p>28 Nat'l Senior Health Day 1. Salad Bar — Eat the Rainbow 2. Marinated Chicken Breast / Brown and Wild Rice / Beets 3. Plant Based Entrée (This selection is complimentary) Voter's Presentation</p>	<p>29 Beef Tips Over Noodles Beets Cottage Cheese 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro.1,189mg sod</p>	<p>30 Soup & Sandwich \$2 Chicken Noodle or Clam Chowder Soup Chicken Salad or Egg Salad Sandwich Cookie (No other options today)</p>	<p>31 Breakfast 8:00 to 12:00 Noon Meal 11:00 to 1:00</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.