



November

734.241.0404

2025



						1 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
2 Roast Beef / Salmon Red Skin Potatoes Cauliflower / Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	3 Ford Retirees Lunch & Learn USA Wild Caught Cod Brown and Wild Rice Broccoli OR CHEF SALAD (No Other Options today) 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sod.	4 Stuffed Peppers Mashed Potatoes Stewed Tomatoes Fruit Cocktail 665 cal. 23g fat 59 carb 52g protein	5 Birthday Dinner Chicken Bruschetta Red Skin Potatoes Cauliflower Birthday Cake & Ice Cream 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g prot. 1,278 mg sod. (No sandwiches today)	6 Class of '69 Lunch Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	7 Baked Salmon Red Skin Potatoes Cauliflower 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	8 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
9 Bingo Chicken Marsala Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	10 Lunch & Learn Open-Face Beef Sandwiches /Gravy Mashed Potatoes / Beans OR CHEF SALAD (No Other Options today) 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	11 Class of '58 Lunch Chili Multi-Grain Bread Celery Salad 666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbohydrate; 34.7 g protein	12 Ranch Chicken Mashed Potatoes Normandy Vegetables 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.	13 Rummage Sale Lunch & Learn BBQ Chicken Sandwich Sweet Potato Wedges Celery Salad OR CHEF SALAD (No Other Options today) 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	14 Rummage Sale Liver & Onions or Salisbury Steak Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	15 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
16 Pork Roast /Chicken Mashed Potatoes Green Beans Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	17 Class of '65-66 Lunch Salsa Meat Loaf Mashed Potatoes Green Beans 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod	18 Chicken Noodle Casserole with Peas & Carrots / Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	19 Class of '67 Breakfast Pork Chops with Sauerkraut Mashed Potatoes Brussel Sprouts 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	20 Health Odyssey Grilled Chicken over a Bed of Lettuce Cottage Cheese Multi-Grain Bread / Fruit 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod (No other options today)	21 \$5 meal Roast Turkey Mashed Potatoes Dressing / Green Beans Cranberries Pumpkin Pie 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.	22 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
23 Spiral Ham pineapple Au Gratin Potatoes Mixed Vegetables 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod 30 \$6 Rib Special	24 Lunch & Learn Turkey Burgers with Sautéed Onions French Fries Mixed Vegetables OR CHEF SALAD (No Other Options today) 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	25 Beef Tips Over Noodles Beets Cottage Cheese 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod	26 Spaghetti Green Beans / Side Salad Garlic Bread 616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod	27 Thanksgiving Roast Turkey Mashed Potatoes Dressing / Green Beans Cranberries / Roll Pumpkin Pie 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.	28 Soup & Sandwich \$2 Chicken Tortilla or Vegetable Beef Soup Egg Salad or Ham & Cheese Sandwich / Cookie (No other options today) (Center closes at 2:00)	29 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00

Monroe Center meals are open to the public.

Chef Salad Option Monday thru Thursday. Salad Bar on Fridays. Soup, as available. Menus are subject to change.