Monroe Center for Healthy Aging

734.241.0404

October 2025

			1 **Birthday Dinner** Ranch Chicken Mashed Potatoes Normandy Vegetables Birthday Cake & Ice Cream 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod. (No hamburgers today)	2 **Class of '69 Lunch** Chicken Noodle Casserole with Peas & Carrots / Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.	3 Turkey Burgers with Sautéed Onions French Fries Mixed Vegetables 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	4 Breakfast 8:00 to 1:00 **Noon Meal 11:00 to 1:00**
5 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	6 **Ford Retirees** Corn Flake Chicken Mashed Potatoes Mixed Vegetables 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	7 Shepherd's Pie Cottage Cheese with Peaches 695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium	8 BBQ Pork Sandwich Sweet Potato Wedges Celery Salad 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	9 White Chicken Chili Multi-Grain Bread Celery Salad 666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbohydrates; 34.7 g protein	10 **Lunch & Learn** USA Wild Caught Cod Brown and Wild Rice Broccoli OR SALAD BAR (No Other Options today) 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium	11 Breakfast 8:00 to 1:00 **Noon Meal 11:00 to 1:00** **Purse Auction**
12 **Bingo** Chicken Cordon Bleu Baked Potatoes Broccoli / Side Salad 828 Cal. 20g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium	13 Beef Tips Over Noodles Beets Cottage Cheese 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod	14 **Class of '58 Lunch** Chicken Marsala Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	15 **Class of '67 Breakfast** Sloppy Joes with Ground Turkey French Fries Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	16 Baked Salmon Red Skin Potatoes Cauliflower 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	17 BBQ Pork Sandwich Potato Salad Cole Slaw 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	18 Breakfast 8:00 to 1:00 **Noon Meal 11:00 to 1:00**
19 Pork Roast /Chicken Mashed Potatoes Green Beans Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	20 **Class of '65-66 Lunch** Lunch & Learn BBQ Chicken Sandwich Sweet Potato Wedges Celery Salad OR Chef Salad (No other options) 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	21 Salsa Meat Loaf Mashed Potatoes Green Beans 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod	22 Pork Chops with Mushroom Gravy Mashed Potatoes Green Beans / Fresh Fruit 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	**23 Health Odyssey** Roast Turkey Sweet Potatoes Green Beans Fresh Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod. (No other options today)	24 Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	25 Breakfast 8:00 to 1:00 **Noon Meal 11:00 to 1:00**
26 **$6 Special** BBQ Ribs or Chicken Baked Potato Green Beans Dessert	27 Liver & Onions or Salisbury Steak Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	28 Beef Stew Dinner Roll Cottage Cheese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.	29 Health & Wellness Grilled Chicken over a Bed of Lettuce Cottage Cheese Multi-Grain Bread / Fruit 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod	30 Spaghetti Green Beans / Side Salad Garlic Bread 616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod	31 Halloween **Soup & Sandwich $2** Squash or Bean & Ham Soup Tuna or Chicken Salad Sandwich / Cookie (No other options today)	

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.