

<p>1 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</p>	<p>2 Ford Retires (conf room) Corn Flake Chicken Mashed Potatoes Mixed Vegetables 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.</p>	<p>3 Baked Salmon Red Skin Potatoes Cauliflower 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p>4 Birthday Dinner Roast Turkey Mashed Potatoes Green Beans Birthday Cake and Ice Cream 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod. (No sandwiches today)</p>	<p>5 Class of '69 Lunch Beef Stew Dinner Roll Cottage Cheese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.</p>	<p>6 Sloppy Joes with Ground Turkey Potato Salad Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>7 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>
<p>8 Bingo Spiral Ham with pineapple Au Gratin Potatoes Salad/Prince Charles 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod</p>	<p>9 Beef Tips Over Noodles Beets Cottage Cheese 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod</p>	<p>10 Class of '58 Lunch Salsa Meat Loaf Mashed Potatoes Green Beans OR Chef Salad (No Other Options) 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod</p>	<p>11 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>12 Ranch Chicken Mashed Potatoes Normandy Vegetables 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.</p>	<p>13 Turkey Burgers with Sautéed Onions French Fries Mixed Vegetables 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar Tony Orlando Night</p>	<p>14 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>
<p>15 Pork Roast /Chicken Mashed Potatoes Broccoli Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>	<p>16 Class of '65-66 Lunch Stuffed Cabbage Mashed Potatoes Stewed Tomatoes Fruit Cocktail 665 cal. 23g fat 59 carb 52g protein</p>	<p>17 Chicken Bruschetta Red Skin Potatoes Cauliflower 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g prot. 1,278 mg sod.</p>	<p>18 Class of '67 Breakfast Ash Wednesday USA Wild Caught Cod Brown and Wild Rice Broccoli 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sod.</p>	<p>19 Turkey Burgers with Sautéed Onions French Fries Mixed Vegetables 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>20 Tuna Noodle Casserole with Peas & Carrots / Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.</p>	<p>21 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>
<p>22 \$6 Rib Special BBQ Ribs or Chicken Baked Potatoes Normandy Veggies Dessert</p>	<p>23 Lunch & Learn One Option: Grilled Chicken over Lettuce Cottage Cheese Multi-Grain Bread/ Fruit 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod</p>	<p>24 Spaghetti Spinach / Side Salad Garlic Bread 616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod</p>	<p>25 Chili Multi-Grain Bread Celery Salad 666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbohydrates; 34.7 g protein</p>	<p>26 Health Odyssey 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 (No other options today)</p>	<p>27 Soup & Sandwich \$2 Broccoli or Squash Soup Tuna or Grilled Cheese Sandwich Cookie (No other options today)</p>	<p>28 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>
<p>March 1 Roast Turkey Mashed Potatoes Green Beans Cranberries 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.</p>	<p>2 BBQ Chicken Sandwich Sweet Potato Wedges Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>3 Sweet & Sour Pork Brown and Wild Rice Stir Fry Vegetables 600 cal. 8g fat 94 carb 9g fiber 24g sug. 25g pro. 904mg sod.</p>	<p>February 2026</p>  <p>Monroe Center for Healthy Aging 734.241.0404</p>			

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.