

<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>4 Birthday Dinner Hot Beef Sandwiches Mashed Potatoes Green Beans Birthday Cake and Ice Cream 805cal. 48g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod. (No sandwiches today)</p>	<p>5 Class of '69 Lunch Shepherd's Pie Cottage Cheese with Peaches 695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium</p>	<p>6 Baked Salmon Red Skin Potatoes Brussels Sprouts 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</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 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>10 Class of '58 Lunch Ranch Chicken Mashed Potatoes Normandy Vegetables 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.</p>	<p>11 Salsa Meat Loaf Mashed Potatoes Green Beans 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod</p>	<p>12 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>13 Tuna Noodle Casserole with Peas & Carrots / Fruit 469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.</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 Chicken Bruschetta Red Skin Potatoes Cauliflower / Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g prot. 1,278 mg sod.</p>	<p>17 St. Patrick's Day Stuffed Peppers Mashed Potatoes Stewed Tomatoes Fruit Cocktail 665 cal. 23g fat 59 carb 52g protein</p>	<p>18 Class of '67 Breakfast Spaghetti Spinach / Side Salad Garlic Bread 616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod</p>	<p>19 Sloppy Joes with Ground Turkey Potato Salad Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>20 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>21 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>	
<p>22 Roast Beef / Salmon Red Skin Potatoes Green Beans / Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod</p>	<p>23 Lunch & Learn One Option: Grilled Chicken over Lettuce Cottage Cheese Multi-Grain Bread/ Fruit 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod</p>	<p>24 Beef Tips Over Noodles Beets Broccoli Salad 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod</p>	<p>25 Turkey Burgers with Sautéed Onions Sweet Potato Wedges Mixed Vegetables 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p>26 Health Odyssey Chicken Marsala Mashed Potatoes Broccoli / Fruit 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod (No other options today)</p>	<p>27 Meatless Chili with Lentils Multi-Grain Bread Celery Salad 666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbo- hydrates; 34.7 g protein</p>	<p>28 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p>	
<p>29 \$6 Rib Special BBQ Ribs or Chicken Baked Potatoes Normandy Veggies Dessert</p>	<p>30 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</p>	<p>31 Soup & Sandwich \$2 Chicken Noodle or Clam Chowder Soup Egg Salad or Grilled Ham & Cheese Sandwich Cookie (No other options today)</p>	<p><i>March</i></p>			<p>2026</p>	 <p>Monroe Center <i>for Healthy Aging</i> 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.