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| <p>31 Easter Spiral Ham AuGratin Potatoes Prince Edward Vegetables Fruit Salad Easter Eggs Desserts \$5</p> | <p>1 Ford Retirees Grilled Pork Chops Mashed Potatoes Broccoli Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p> | <p>2 Shepherd's Pie Cottage Cheese with Peaches 695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium</p> | <p>3 Birthday Dinner Marinated Chicken Breast / Brown and Wild Rice / Peas Birthday Cake & Ice Cream 583cal. 23g fat 70 carb 6g fiber 40g pro 415 mg sod (No hamburgers today)</p> | <p>4 White Chicken Chili Multi-Grain Bread Celery Salad 666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbohydrates; 34.7 g protein</p> | <p>5 Spaghetti Spinach Garlic Bread / Fruit 518 cal. 11g fat 78 carb 10g fiber 25g sugar 31g protein 1,122 mg sod</p> | <p>6 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p> |
| <p>7 Roast Beef or 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>8 Corn Flake Chicken Mashed Potatoes Mixed Vegetables 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.</p> | <p>9 Stuffed Cabbage Mashed Potatoes Stewed Tomatoes Pears 665 cal. 23g fat 59 carb 52g protein</p> | <p>10 USA Wild Caught Cod Country Potatoes Brussel Sprouts 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium</p> | <p>11 Sweet & Sour Pork Brown and Wild Rice Stir Fry Vegetables Fruit 600 cal. 8g fat 94 carb 9g fiber 24g sugar 25g protein 904 mg sod.</p> | <p>12 Talent Show BBQ Chicken Sandwich Sweet Potato Wedges Celery Salad 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p> | <p>13 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p> |
| <p>14 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>15 Turkey Burgers with Sautéed Onions French Fries Mixed Vegetables 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p> | <p>16 Baked Salmon Brown and Wild Rice Cauliflower & Broccoli 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p> | <p>17 Class of '67 Breakfast Salsa Meat Loaf Mashed Potatoes Mixed Vegetables Fruit 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod.</p> | <p>18 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>19 Taco Salad with Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod</p> | <p>20 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p> |
| <p>21 Roast Turkey Mashed Potatoes & Gravy /Green Beans Fruit 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.</p> | <p>22 Sloppy Joes Veggie Chips Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p> | <p>23 Broccoli Quiche or Ham and Onion Quiche Hash Brown Potatoes Fresh Oranges & Bananas</p> | <p>24 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>25 Health Odyssey Ranch Chicken Mashed Sweet Potatoes Mixed Vegetables Side Salad / Fruit 880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod. (No other options today)</p> | <p>26 Pork Chops & Sauerkraut Country Potatoes Broccoli / Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod</p> | <p>27 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00</p> |
| <p>28 \$6 Special BBQ Ribs or Chicken Baked Potatoes Prince Charles Veggie Dessert</p> | <p>29 Lasagna Green Beans / Salad Garlic Bread 616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod</p> | <p>30 Soup & Sandwich \$2 Tomato or Ham & Lentil Soup Grilled Cheese or Grilled Ham & Cheese / Cookie (No other options today)</p> | <div style="text-align: center;">  <p>April 2024</p> </div> <div style="text-align: right;">  <p>Monroe Center <i>for Healthy Aging</i> 734.241.0404</p> </div> | | | |

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.