



734.241.0404

January

2026

31 Soup & Sandwich \$2

Clam Chowder or White Chicken Chili
Egg Salad Sandwich
Cookie
(No other options today)
(Center closes at 2:00)

1 New Year's Day

Chili
Multi-Grain Bread
Celery Salad

666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbohydrates; 34.7 g protein
(Center closes at 2:00)

2

USA Wild Caught Cod
Brown and Wild Rice
Broccoli

600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sod.
(Center closes at 2:00)

3 Breakfast
8:00 to 1:00

Noon Meal
11:00 to 1:00

4
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 Lunch & Learn Ford Retires (conf room)

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

6
Turkey Burgers with Sautéed Onions
French Fries
Mixed Vegetables

1,088 cal. 46g fat 98 carb 15g fiber 18g sugar

7 Birthday Dinner
Beef Tips Over Noodles
Beets
Cottage Cheese
Birthday Cake & Ice Cream

765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod

8
Taco Salad w/ Chips
Spanish Rice
Refried Beans
Stewed Tomatoes

906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod

9
Pork Chops with Sauerkraut
Mashed Potatoes
Green Beans / Fresh Fruit

683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod

10
Breakfast
8:00 to 1:00

Noon Meal
11:00 to 1:00

11 Bingo

Roast Turkey
Mashed Potatoes
Dressing / Green Beans / Cranberries

858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.

12
Ranch Chicken
Mashed Potatoes
Normandy Vegetables

880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.

13 Class of '58 Lunch

Baked Salmon
Red Skin Potatoes
Cauliflower

500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium

14
Chicken Noodle Casserole with Peas & Carrots / Fruit

469 cal. 19g fat 82 carb 11g fiber 10g sugar 10g pro. 689 mg sod.

15
Sweet & Sour Pork
Brown and Wild Rice
Stir Fry Vegetables

600 cal. 8g fat 94 carb 9g fiber 24g sug. 25g pro. 904mg sod.

16
Liver & Onions or Salisbury Steak
Mashed Potatoes
Broccoli OR SALAD BAR (No other options)

656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod

17
Breakfast
8:00 to 1:00

Noon Meal
11:00 to 1:00

18
Pork Roast /Chicken
Mashed Potatoes
Broccoli
Applesauce

503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium

19 Class of '65-66 Lunch
Chicken Marsala
Mashed Potatoes
Broccoli / Fruit

656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod

20
Beef Stew
Dinner Roll
Cottage Cheese

621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.

21 Class of '67 Breakfast
Sloppy Joes with Ground Turkey
French Fries
Baked Beans

1,088 cal. 46g fat 98 carb 15g fiber 18g sugar

22 Health Odyssey
Hot Turkey Sandwich
Dressing / Gravy
Green Beans
Fruit
(No other options today)

23
Spaghetti
Spinach / Side Salad
Garlic Bread

616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod

24
Breakfast
8:00 to 1:00

Noon Meal
11:00 to 1:00

25
\$6 Rib Special
BBQ Ribs or Chicken
Baked Potatoes
Normandy Veggies
Dessert

26
Chicken Fajitas
Rice Pilaf
Refried Beans

871 calories; 28.9g fat; 1879 mg sodium. 97 carb, 8.2 sugar, 44.1 g protein

27
Chili
Multi-Grain Bread
Celery Salad

666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbohydrates; 34.7 g protein

28
BBQ Chicken Sandwich
Sweet Potato Wedges
Baked Beans

1,088 cal. 46g fat 98 carb 15g fiber 18g sugar

29
Shepherd's Pie
Cottage Cheese with Peaches

695 cal. 24g fat 82 carb 6g fiber 4g sugar 22g prot. 602mg sodium

30 Soup & Sandwich \$2
Vegetable Beef or Potato Soup
Tuna or Grilled Cheese Sandwich
Cookie
(No other options today)

31
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.