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| <h1>July</h1> <h2>2026</h2>                                                                                                                                     |                                                                                                                                                                           | <b>30 Soup &amp; Sandwich \$2</b><br>Vegetable Beef or Squash Soup<br>Chicken Salad or Tuna Sandwich<br>Cookie<br>(No other options today)                      | <b>1 Birthday Dinner</b><br>Chicken Marsala<br>Mashed Potatoes<br>Broccoli<br>Birthday Cake & Ice Cream<br>656 cal. 34g fat 76 carb 8g fiber<br>8g sugar 29g protein 1,548 sod<br>(No sandwiches today) | <b>2 Class of '69 Lunch</b><br>Sweet & Sour Pork<br>Brown and Wild Rice<br>Stir Fry Vegetables<br>600 cal. 8g fat 94 carb<br>9g fiber 24g sug. 25g pro.<br>904mg sod.                       | <b>3</b><br>USA Wild Caught Cod<br>Brown and Wild Rice<br>Broccoli<br>600 cal. 15g fat 66 carb 4g fiber<br>10 sugar 31g pro. 969mg sod<br><b>4:00 Duck Burgers &amp; Music</b>     | <b>4</b><br>Breakfast<br>8:00 to 1:00<br><b>Noon Meal</b><br><b>11:00 to 1:00</b>                                                                                |
| <b>5</b><br>Spiral Ham pineapple<br>Country Potatoes<br>Charles Vegetables<br>896 cal. 3g fat 83 carb 9g<br>fiber 6g sugar 30g pro<br>1,761mg sod               | <b>6 Ford Retirees</b><br>Ranch Chicken<br>Mashed Potatoes<br>Normandy Vegetables<br>Fresh Fruit<br>880 cal. 23g fat 127carb 12g fiber<br>47g sugar 40g pro 1,211 mg sod. | <b>7</b><br>Chili<br>Multi-Grain Bread<br>Celery Salad<br>666 calories; 11.6 g fat; 2726 mg<br>sodium. 53 g carbohydrates;<br>34.7 g protein                    | <b>8</b><br>Chicken Noodle<br>Casserole with Peas &<br>Carrots / Fruit<br>469 cal. 19g fat 82 carb 11g<br>fiber 10g sugar<br>10g pro. 689 mg sod.                                                       | <b>9</b><br>Beef Tips Over Noodles<br>Beets<br>Broccoli Salad<br>765 cal. 4g fat 78 carb 10g fiber<br>12g sugar 28g pro. 1,189mg sod                                                        | <b>10</b><br>Taco Salad w/ Chips<br>Spanish Rice<br>Refried Beans<br>Stewed Tomatoes<br>906 cal. 29g fat 133carb 12g fiber 4g<br>sugar 34g protein 1,838mg sod                     | <b>11</b><br>Breakfast<br>8:00 to 1:00<br><b>Noon Meal</b><br><b>11:00 to 1:00</b>                                                                               |
| <b>12 Bingo</b><br>Roast Beef / Salmon<br>Red Skin Potatoes<br>Green Beans / Pears<br>805 cal. 48 g fat 133 carb<br>10g fiber 20g sugar 41g<br>pro 1,117 mg sod | <b>13</b><br><b>Class of '65-66 Lunch</b><br>BBQ Chicken Sandwich<br>Sweet Potato Wedges<br>Baked Beans<br>1,088 cal. 46g fat 98 carb<br>15g fiber 18g sugar              | <b>14 Class of '58 Lunch</b><br>Baked Salmon<br>Red Skin Potatoes<br>Mixed Vegetables<br>500 cal. 15g fat 66 carb<br>4g fiber 10 sugar 31g pro.<br>869mg sodium | <b>15 Class of '67 Breakfast</b><br>Pork Chops with<br>Sauerkraut<br>Mashed Potatoes<br>Green Beans<br>Fresh Fruit<br>683 cal. 15g fat 4 carb 12g fiber<br>4g sugar 27g pro. 1,655mg sod                | <b>16</b><br>Corn Flake Chicken<br>Red Skin Potatoes<br>Cauliflower<br>Fruit<br>858cal. 51g fat 65 carb 7g fiber<br>5g sugar 39g prot. 1,278 mg sod.                                        | <b>17</b><br>Liver & Onions or<br>Salisbury Steak<br>Mashed Potatoes<br>Broccoli<br>656 cal. 34g fat 76 carb 8g fiber<br>8g sugar 29g protein 1,548 sod                            | <b>18</b><br>Breakfast<br>8:00 to 1:00<br><b>Noon Meal</b><br><b>11:00 to 1:00</b>                                                                               |
| <b>19</b><br>Pork Roast /Chicken<br>Mashed Potatoes<br>Broccoli<br>Applesauce<br>503 cal. 18g fat 65 carb<br>9g fiber 4g sugar<br>31g pro. 749mg sodium         | <b>20</b><br>Chicken Fajitas<br>Rice Pilaf<br>Refried Beans<br>871 calories; 28.9g fat; 1879<br>mg sodium. 97 carb, 8.2 sugar,<br>44.1 g protein                          | <b>21</b><br>Beef Stew<br>Dinner Roll<br>Cottage Cheese<br>621 cal. 14g fat 78 carb<br>4g fiber 5g sugar 46g prot.<br>1,328mg sod.                              | <b>22</b><br>Stuffed Peppers<br>Mashed Potatoes<br>Stewed Tomatoes<br>Fruit<br>665 cal. 23g fat 59 carb<br>52g protein                                                                                  | <b>23 Health Odyssey</b><br>Roast Turkey<br>Mashed Potatoes<br>Green Beans<br>Fresh Fruit<br>858cal. 51g fat 65 carb 7g fiber<br>5g sugar 39g pro 1,278 mg sod.<br>(No other options today) | <b>24 Purse Auction</b><br>Grilled Chicken over<br>Lettuce /Cottage Cheese<br>Multi-Grain Bread/ Fruit<br>880 cal. 23g fat 127carb 12g-<br>fiber 47g sugar 40g pro 1,211<br>mg sod | <b>25</b><br>Breakfast<br>8:00 to 1:00<br><b>Noon Meal</b><br><b>11:00 to 1:00</b>                                                                               |
| <b>26 \$6 Rib Special</b><br>BBQ Ribs or Chicken<br>Baked Potatoes<br>Vegetable<br>Dessert                                                                      | <b>27</b><br>Spaghetti<br>Spinach<br>Side Salad /Garlic Bread<br>616 cal. 26g fat 41 carb 7g<br>fiber 32g protein 757mg sod                                               | <b>28</b><br>Salsa Meat Loaf<br>Mashed Potatoes<br>Green Beans / Roll /Fruit<br>464 cal. 30g fat 29 carb 15g fiber<br>12g sugar 30g pro. 369 mg sod             | <b>29</b><br>Turkey Burgers with<br>Sautéed Onions<br>Sweet Potato Wedges<br>Mixed Vegetables / Fruit<br>1,088 cal. 46g fat 98 carb 15g                                                                 | <b>30</b><br>BBQ Pork Sandwich<br>Sweet Potato Wedges<br>Baked Beans<br>1,088 cal. 46g fat 98 carb<br>15g fiber 18g sugar                                                                   | <b>31 Soup &amp; Sandwich \$2</b><br>Broccoli or Clam Chowder<br>Soup<br>Egg Salad or Ham &<br>Cheese Sandwich / Cookie<br>(No other options today)                                | <br><b>Monroe Center</b><br><i>for Healthy Aging</i><br><b>734.241.0404</b> |

Lunch is Served 11:00 a.m. to 1:00 p.m.

Chef Salad Option Monday thru Thursday. Salad Bar on Fridays. Soup, as available.

Menus are subject to change.