



# May

2026



734.241.0404

<h1>May</h1> <p>2026</p> <p>734.241.0404</p>		<p><b>1</b> Sweet &amp; 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><b>2</b> Breakfast 8:00 to 1:00  <b>Noon Meal</b> <b>11:00 to 1:00</b></p>			
<p><b>3</b> Chicken Cordon Bleu Baked Potatoes Broccoli Side Salad  828 Cal. 20g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium</p>	<p><b>4 Lunch &amp; Learn</b> <b>Ford Retirees</b> Hot Beef Sandwiches Mashed Potatoes Green Beans 805cal. 48g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.  (No other options today)</p>	<p><b>5</b> Stuffed Peppers Mashed Potatoes Stewed Tomatoes Fruit  665 cal. 23g fat 59 carb 52g protein</p>	<p><b>6 Birthday Dinner</b> Spiral Ham with pineapple Au Gratin Potatoes Prince Charles Vegetables Birthday Cake &amp; Ice Cream  896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod  (No sandwiches today)</p>	<p><b>7 Class of '69 Lunch</b> Beef Tips Over Noodles Beets Broccoli Salad  765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod</p>	<p><b>8</b> 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><b>9</b> Breakfast 8:00 to 1:00  <b>Noon Meal</b> <b>11:00 to 1:00</b></p>
<p><b>10 Bingo</b> Roast Turkey Mashed Potatoes Green Beans Cranberries  858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.</p>	<p><b>11</b> 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><b>12 Class of '58 Lunch</b> Baked Salmon Red Skin Potatoes Brussels Sprouts  500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium</p>	<p><b>13</b> Liver &amp; Onions or Salisbury Steak Mashed Potatoes Broccoli  656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod</p>	<p><b>14 Rummage Sale</b> Sloppy Joes Potato Salad Baked Beans  1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p><b>15 Rummage Sale</b> BBQ Chicken Sandwich Sweet Potato Wedges Baked Beans  1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p><b>16</b> Breakfast 8:00 to 1:00  <b>Noon Meal</b> <b>11:00 to 1:00</b></p>
<p><b>17</b> 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><b>18 Class of '65-66 Lunch</b> Beef Stew Dinner Roll Cottage Cheese  621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod.</p>	<p><b>19</b> 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><b>20 Class of '67 Breakfast</b> Spaghetti Spinach Side Salad Garlic Bread  616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod</p>	<p><b>21</b> Chicken Marsala Mashed Potatoes Broccoli / Fruit  656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod</p>	<p><b>22</b> 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><b>23</b> Breakfast 8:00 to 1:00  <b>Noon Meal</b> <b>11:00 to 1:00</b></p>
<p><b>24</b> Pork Roast /Chicken Mashed Potatoes Broccoli Applesauce  503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium</p>	<p><b>25 Memorial Day</b> Turkey Burgers with Sautéed Onions Sweet Potato Wedges Mixed Vegetables / Fruit  1,088 cal. 46g fat 98 carb 15g fiber 18g sugar</p>	<p><b>26</b> Salsa Meat Loaf Mashed Potatoes Green Beans / Roll  464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod</p>	<p><b>27 Health &amp; Fitness</b> Ranch Chicken Mashed Potatoes Normandy Vegetables Fresh Fruit  880 cal. 23g fat 127carb 12g fiber 47g sugar 40g pro 1,211 mg sod.  (No other options today)</p>	<p><b>28 Health Odyssey</b> Chicken Bruschetta Red Skin Potatoes Cauliflower / Fruit  858cal. 51g fat 65 carb 7g fiber 5g sugar 39g prot. 1,278 mg sod.  (No other options today)</p>	<p><b>29 Soup &amp; Sandwich \$2</b> Wedding Soup or Chicken Noodle Soup Egg Salad or Grilled Ham &amp; Cheese Sandwich Cookie (No other options today)</p>	<p><b>30</b> Breakfast 8:00 to 1:00  <b>Noon Meal</b> <b>11:00 to 1:00</b></p>
<p><b>31 \$6 Rib Special</b></p>	<p align="center"><b>Monroe Center meals are open to the public.</b>  <b>Chef Salad Option Monday thru Thursday. Salad Bar on Fridays. Soup, as available. Menus are subject to change.</b></p>					