1 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	2 **Ford Retirees** Patty Melts with Sautéed Onions French Fries Mixed Vegetables / Fruit 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	3 Chili Multi-Grain Bread Celery Salad 666 calories; 11.6 g fat; 2726 mg sodium. 53 g carbs; 34.7 g protein	4 **Birthday Dinner** Chicken Bruschetta Brown & Wild Rice Cauliflower Birthday Cake & Ice Cream 858 cal. 51g fat 65 card. 7g fiber 5g sugar 39g protein 1,278 mg sodium (No sandwiches today)	**5 Class of '69 Lunch** **Lunch & Learn** Pork Chop with Orange Balsamic Glaze Country Potatoes Normandy Vegetables Applesauce OR Chef's Salad	6 Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	7 Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00**
8 **Bingo** Spiral Ham pineapple Country Potatoes Charles Vegetables 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod	9 Sweet and Sour Pork Brown and Wild Rice Stir Fry Vegetables 600 cal. 9g fat 94 carb 7g fiber 24g sugar 25g prot 904mg sodium	10 **Class of '58 Lunch** Salsa Meat Loaf Mashed Potatoes Green Beans / Fruit 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod	11 USA Wild Caught Cod Red Skin Potatoes Broccoli 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sod	12 Rummage Sale Turkey Burgers with Sautéed Onions Sweet Potato Wedges Mixed Vegetables 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	13 Rummage Sale BBQ Chicken Sandwich Veggie Chips Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	14 Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00**
15 Chicken Cordon Bleu Baked Potatoes Broccoli 828 Cal. 20g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium	16 **Class of '65-66** Baked Salmon Country Potatoes Mixed Vegetables 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sod.	17 Beef Stew Multi-Grain Bread Cottage Cheese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sodium	18 **Class of '67 Breakfast** BBQ Pork Sandwich Potato Salad Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	19 **Health Odyssey** Grilled Chicken over Lettuce /Cottage Cheese Multi-Grain Bread Fruit 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod **(No other options today)**	20 Center's Thanksgiving Roast Turkey Mashed Potatoes Stuffing Green Beans Cranberry Sauce Pumpkin Pie $5	21 Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00**
22 Pork Roast /Chicken Baked Potatoes Broccoli Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	23 Ranch Chicken Country Potatoes Normandy Vegetables 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	24 Beef Tips Over Noodles Beets Cottage Cheese 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro. 1,189mg sod	25 Mostacolli Dinner Roll Cottage Cheese 621 cal. 14g fat 78 carb 4g fiber 5g sugar 46g prot. 1,328mg sod	26 Thanksgiving Day - $8 Roast Turkey Mashed Potatoes Stuffing Green Beans Cranberry Sauce Roll Pumpkin Pie	27 **Soup & Sandwich $2** Squash or Vegetable Beef Soup Grilled Cheese & Apple or Grilled Cheese Sand. Cookie	28 Breakfast 8:00 to 1:00 **Noon Meal** **11:00 to 1:00**
29 $6 Rib Special BBQ Ribs or Chicken Baked Potatoes Vegetable Dessert	30 Sloppy Joes French Fries Baked Beans 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	Monroe Center for Healthy Aging 734-241-0404	**November** 2026	**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.**		