





AVENIDAS ROSE KLEINER CENTER

MONTHLY MENU : November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
 Happy Thanksgiving			<p align="center">1</p> Sopa De Conchito Beef Chili Colorado Spanish Brown Rice Pinto Beans Street Corn Carrot Cake	<p align="center">2</p> Baked Fish w/Lemon & Red Bell Pepper Sauce Wheat Roll Roasted Cauliflower Spinach w/Minced Garlic Ice Cream
<p align="center">5</p> Vegetable Soup Sweet and Sour Chicken w/Bell Peppers & Onions Asian Veggie Blend Brown Rice Fruit	<p align="center">6</p> Chicken Milano Whole Wheat Pasta Italian Blend Vegetables Caprese Salad Brownies	<p align="center">7</p> Baked Fish w/Lemon & Garlic Aioli Sauce Brown Rice Green Beans Spinach Salad Ambrosia	<p align="center">8</p> BBQ Ribs Whole Wheat Roll Baked Beans Glazed Carrots Red Jell-O w/Whip	<p align="center">9</p> Beef Stroganoff Whole Wheat Pasta Broccoli Herbed Carrots Chocolate Cupcake
<p align="center">12</p> Baked Fish w/Lemon & Herb Sauce Whole Wheat Pasta Roasted Butternut Squash Cali. Blend Vegetables S'mores Pudding	<p align="center">13</p> Chicken Tacos Al Pastor Corn Tortilla Pinto Beans Herbed Zucchini Tapioca Pudding	<p align="center">14</p> Shoyu Chicken Brown Rice Asian Blend Vegetables Tossed Salad Banana w/Whipped Topping	<p align="center">15</p> Roasted Turkey w/Gravy Cranberry Sauce Whole Wheat Bread Mashed Potatoes Green Bean Casserole Pumpkin Pie	<p align="center">16</p> French Onion Soup Herb Roasted Chicken w/Gravy Whole Wheat Roll Garlic Red Potatoes Glazed Carrots Fruit
<p align="center">19</p> Chicken Cacciatore Fresh Marinara Sauce Whole Wheat Pasta Broccoli Spears Garden Salad Fruit	<p align="center">20</p> Baked Fish with Chimichurri Sauce Brown Rice Herbed Carrots Three Bean Salad Peach Crisp	<p align="center">21</p> Wonton Soup Asian Braised Chicken Brown Rice Asian Blend Vegetables Asian Slaw Chocolate Chip Cookie	<p align="center">22</p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Holiday - Center closed</p>  </div>	
<p align="center">26</p> Barley Soup Roasted Chicken with Apple Berry Sauce Whole Grain Bread Glazed Carrots & Broccoli Baked Potato Vanilla Cupcake	<p align="center">27</p> Stir Fry Chicken with Vegetables Brown Rice Sautéed Cabbage Ambrosia	<p align="center">28</p> Beef & Turkey Shepherd's Pie Whole Wheat Roll Broccoli Spears Banana Pudding	<p align="center">29</p> Baked Fish with Tartar Sauce and Lemon Brown Rice Garlic Spinach Garden Salad Key Lime Pie	<p align="center">30</p> Chicken Enchilada Casserole Corn Tortilla Pinto Beans Fiesta Slaw Jell-O w/ Fruit

Comparable diabetic dessert options: fresh fruit, sugar-free cake/pie/crisps, sugar-free gelatin/pudding, or sugar-free ice-cream.

Nutritional Supplements as ordered: Glucerna, Boost, Ensure

Menu Subject to Change