

**AVENIDAS ROSE KLEINER CENTER**  
**MONTHLY MENU : January 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>31</b> Baked Fish with Lemon & Herb Sauce Whole Wheat Pasta Roasted Butternut Squash Cali Blend Vegetables Vanilla Cupcakes	<b>1</b> <b>Center Closed</b> <b>Happy New Year</b> 	<b>2</b> Oriental Shoyu Chicken Brown Rice Vegetable Blend Salad w/Shredded Carrots Dessert	<b>3</b> Broccoli & Cheddar Quiche Whole Grain Bread Roasted Potatoes, Bell Peppers & Onion Mixture Dessert	<b>4</b> Herb Roasted Chicken w/Gravy French Onion Soup Baked Whole Wheat Roll Garlic Roasted Red Potatoes Glazed Carrots Dessert
<b>7</b> Chicken Cacciatore w/Marinara Sauce Whole Wheat Pasta Broccoli Spears Garden Salad w/Shredded Carrots Dessert	<b>8</b> Baked Fish w/Chimichurri Sauce Brown Rice Herbed Carrots Three Bean Salad Dessert	<b>9</b> Asian Braised Chicken Wonton Soup Brown Rice Vegetable Blend Asian Slaw Dessert	<b>10</b> Beef Stew w/Potatoes, Carrots, & Onions Whole Wheat Roll Roasted Cauliflower Dessert	<b>11</b> Ground Beef & Turkey Meatloaf w/Gravy Whole Grain Bread Mashed Potatoes California Blend Vegetables Dessert
<b>14</b> Roasted Chicken Loin w/Apple Berry Sauce Barley Soup Whole Grain Bread Glazed Carrots & Broccoli Baked Potato Dessert	<b>15</b> Stir Fry Chicken w/Celery, Mushrooms, Carrots, & Bell Peppers Brown Rice Sautéed Cabbage Dessert	<b>16</b> Beef & Turkey Shepherd's Pie Whole Wheat Roll Broccoli Spears Dessert	<b>17</b> Baked Fish w/Tartar Sauce & Lemon Brown Rice Garlic Spinach Garden Salad Dessert	<b>18</b> Chicken Enchilada Casserole Pinto Beans Fiesta Slaw w/Carrots Dessert
<b>21</b> <b>Center Closed for MLK Day</b> 	<b>22</b> Cider Braised Chicken with Caramelized Onions Whole Wheat Roll Roasted Sweet Potatoes Garlic Green Beans Dessert	<b>23</b> Fish Baked Florentine w/Spinach Corn Chowder Soup Brown Rice Scalloped Tomatoes Dessert	<b>24</b> Chicken Parmesan w/Marinara Sauce Whole Wheat Pasta Italian Vegetable Blend Garden Salad w/Broccoli Dessert	<b>25</b> Beef & Turkey Salisbury Steak w/Gravy Whole Grain Bread Mashed Potatoes Broccoli Spears Dessert
<b>28</b> Fish Taco w/ Pico de Gallo Sauce Corn Tortilla Pinto Beans Fiesta Slaw Dessert	<b>29</b> Rotisserie Chicken Lentil Soup Whole Wheat Roll Glazed Carrots Broccoli, Raisin, & Seed Salad Dessert	<b>30</b> Teriyaki Beef and Turkey Meatballs Brown Rice Vegetable Blend Asian Slaw Dessert	<b>31</b> Vegetarian Chile w/Bell Peppers, Tomatoes, Onions & Celery Whole Wheat Roll Carrot and Raisin Salad Dessert	

Diabetic dessert options: fresh fruit, sugar-free cake/pie/crisps, sugar-free jello/pudding, or sugar-free ice-cream. Nutritional Supplements as ordered: Glucerna, Boost, Ensure

*Menu Subject to Change*