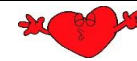








AVENIDAS ROSE KLEINER CENTER
MONTHLY MENU : February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 Diced Pork w/ Noodles Peas & Carrots Green Salad Dessert</p>
<p>4 Braised Pork with Pumpkin Brown Rice & White Rice Cabbage & Carrots Dessert</p>	<p>5 Chicken Pastina Whole Wheat Pasta Green Peas & Carrots Garden Salad Dessert</p>	<p>6 BBQ Chicken Sandwich Whole Wheat Hamburger Bun Golden Corn Coleslaw with Carrots Dessert</p>	<p>7 Oriental Shoyu Chicken with Brown Rice Asian Vegetable Soup Stir Fry Vegetables Dessert</p>	<p>8 Broccoli & Cheese Frittata Whole Wheat Bread Garlic Spinach & Onions Fresh Roasted Red Potatoes Jell-O w/ Fruit</p>
<p>11 Lemon & Herb Chicken Black Bean & Kale Soup Whole Wheat Breadstick Fresh Herbed Zucchini Broccoli & Cauliflower Dessert</p>	<p>12 Balsamic Glazed Chicken Whole Wheat Roll Herbed Diced Carrots Fresh Broccoli Florets Dessert</p>	<p>13 Beef & Turkey Lasagna Whole Wheat Breadstick California Blend Vegetables Caprese Salad Dessert</p>	<p>14 Sweet & Sour Chicken Brown Rice Oriental Blend Vegetables Dessert</p> 	<p>15 Fish Sandwich w/Lettuce, Lettuce, Tomato & Onions Whole Wheat Hamburger Bun Baked Sweet Potato Fries Carrots & Pineapple Slaw Dessert</p>
<p>18 CENTER CLOSED for President's Day</p>	<p>19 Teriyaki Chicken w/Brown Rice Carrot Ginger Soup Japanese Stir Fry Vegetables Dessert</p>	<p>20 Diced Chicken & Noodles Whole Wheat Pasta Green Peas & Carrots Garden Salad Dessert</p>	<p>21 Beef & Turkey Cabbage Bake Whole Wheat Breadstick Roasted Cauliflower Carrot & Raisin Salad Dessert</p>	<p>22 Vegetarian Pasta Primavera w/ Broccoli Carrot & Tomato Whole Wheat Pasta Garden Salad w/ Bell Peppers Dessert</p>
<p>25 Chicken Curry Lentil Soup Brown Rice Pilaf Roasted Cauliflower Carrot & Pineapple Slaw Dessert</p>	<p>26 Swedish Meatballs Whole Wheat Pasta Broccoli Florets Garden Salad Dessert</p>	<p>27 Honey Mustard Chicken w/ Wild Rice Herbed Carrots Garden Salad w/ Mandarin Oranges Dessert</p>	<p>28 Roast Chicken w/Gravy Whole Wheat Roll Roasted Red Potatoes California Blend Vegetables Apple Crisp</p>	 <p><i>Happy Valentine's Day</i></p>

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