



AVENIDAS ROSE KLEINER CENTER
MONTHLY MENU : April 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 Black Bean & Kale Soup Lemon & Herb Chicken Whole Wheat Breadstick Fresh Herbed Zucchini Broccoli & Cauliflower Dessert	2 Balsamic Glazed Chicken Whole Wheat Roll Herbed Diced Carrots Fresh Broccoli Florets Dessert	3 Beef & Turkey Lasagna Whole Wheat Breadstick California Blend Vegetables Caprese Salad Dessert	4 Sweet & Sour Chicken Brown Rice Oriental Blend Vegetables Dessert	5 Fish Sandwich w/Lettuce, Lettuce, Tomato & Onions Whole Wheat Hamburger Bun Baked Sweet Potato Fries Carrots & Pineapple Slaw Dessert
8 Roast Beef Au Jus Whole Wheat Breadstick Fresh Baked Potato Broccoli Florets Dessert	9 Carrot Ginger Soup Teriyaki Chicken w/Brown Rice Japanese Stir Fry Vegetables Dessert	10 Diced Chicken & Noodles Whole Wheat Pasta Green Peas & Carrots Garden Salad Dessert	11 Beef & Turkey Cabbage Bake Whole Wheat Breadstick Roasted Cauliflower Carrot & Raisin Salad Dessert	12 Vegetarian Pasta Primavera w/ Broccoli Carrot & Tomato Whole Wheat Pasta Garden Salad w/ Bell Peppers Dessert
15 Lentil Soup Chicken Curry Brown Rice Pilaf Roasted Cauliflower Carrot & Pineapple Slaw Dessert	16 Swedish Meatballs Whole Wheat Pasta Broccoli Florets Garden Salad Dessert	17 Honey Mustard Chicken w/ Wild Rice Herbed Carrots Garden Salad w/ Mandarin Oranges Dessert	18 Roast Chicken w/Gravy Whole Wheat Roll Roasted Red Potatoes California Blend Vegetables Apple Crisp	19 Baked Fish w/Lemon Red Bell Pepper Sauce Whole Wheat Pasta Garlic Spinach & Onions Garden Salad w/Broccoli Dessert
22 Minced Pork Patty w/Waterchestnuts & Corn Broccoli & Carrots Dessert	23 Fagioli Soup Mediterranean Chicken Roasted Red Potatoes Spinach Salad w/Red Bell Peppers Dessert	24 Baked Fish w/ Corn Bok Choy Dessert	25 Baked Fish w/Dill Sauce Brown Rice Pilaf Malibu Blend Veggies Fresh Coleslaw w/Carrots Ambrosia	26 Cheese Enchilada w/Corn Tortilla Fiesta Blend Veggies Golden Corn Dessert
29 Baked Chicken Thigh w/Soy Sauce Marinate Fuzzy Melon & Carrots Dessert	30 Minestrone Soup Beef & Turkey Meatloaf Whole Wheat Roll Mashed Potatoes Glazed Carrots 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