

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Fish w/Lemon Red Bell Pepper Sauce Whole Wheat Pasta Garlic Spinach & Onions Garden Salad w/Broccoli Dessert
4 Chicken Fried Rice w/Brown Rice Green Peas & Carrots Oriental Blend Vegetables Dessert	5 Fagioli Soup Mediterranean Chicken Whole Wheat Roll Roasted Red Potatoes Spinach Salad w/Red Bell Peppers Dessert	6 Spaghetti & Meatballs Whole Wheat Pasta Herbed Diced Carrots Garlic Green Beans Dessert	7 Baked Fish w/Dill Sauce Brown Rice Pilaf Malibu Blend Veggies Fresh Coleslaw w/Carrots Ambrosia	8 Cheese Enchilada Corn Tortilla Fiesta Blend Veggies Golden Corn Dessert
11 BBQ Chicken Whole Wheat Breadstick California Blend Veggies Fresh Potato Salad Dessert	12 Minestrone Soup Beef & Turkey Meatloaf Whole Wheat Roll Mashed Potatoes Glazed Carrots Dessert	13 Fish w/Soy Sauce w/Ginger & Scallions Brown Rice Stir Fry Vegetable Blend Asian Slaw w/Carrots Dessert	14 Chicken w/ Paprika Sauce Whole Wheat Pasta Herbed Zucchini Spinach Salad Dessert	15 Corned Beef Whole Wheat Roll Boiled Red Potatoes Cabbage w/Carrots Lime Jell-O
18 Beef & Turkey Shepherd's Pie Whole Wheat Roll Potatoes, Peas & Carrots Salad w/ Red Bell Pepper Dessert	19 Potato & Leek Soup Roast Chicken w/Apple Berry Sauce Garlic Green Beans Roasted Sweet Potatoes Dessert	20 Chicken Chop Suey w/Onion, Water Chestnut, Bell Pepper & Mushroom Brown Rice Garden Salad w/Carrots Dessert	21 Beef Chile Colorado Corn Tortilla Cooked Pinto Beans Fresh Fiesta Slaw Dessert	22 Italian Fish w/Lemon Wild Rice Italian Blend Vegetables Garden Salad w/Carrots Dessert
25 Beef Burgundy Whole Wheat Breadstick Mashed Potatoes Broccoli Florets Dessert	26 Chicken Pastina Whole Wheat Pasta Green Peas & Carrots Fresh Garden Salad Dessert	27 BBQ Chicken Sandwich Wheat Hamburger Bun Golden Corn Coleslaw w/Carrots Dessert	28 Asian Veggie Soup Oriental Shoyu Chicken w/Brown Rice Stir Fry Vegetables Dessert	29 Broccoli & Cheese Frittata Whole Wheat Bread Garlic Spinach & Onion Roasted Red Potatoes 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