




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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Baked Chicken W/ Lemon Sauce Brown & White Rice Mustard Green Dessert	2 Chicken w/Paprika Cream Sauce Whole Wheat Pasta Fresh Herbed Zucchini Spinach Salad Ambrosia	3 Beef & Turkey Taco Spanish Rice Pinto Beans Garden Salad w/Carrots Cookie
6 Steamed W/ Black Muchroom Brown & White Rice Broccoli & Purple Onion Dessert	7 Potato & Leek Soup Roasted Chicken w/Apple Berry Sauce Garlic Green Beans Roasted Sweet Potatoes Dessert	8 Baked Spareribs w/Sweet Vinegar Shanghai Bok Choy Brown & White Rice Dessert	9 Beef Chile Colorado w/Corn Tortilla Pinto Beans Fiesta Slaw Peach Crisp	10 Italian Fish w/ Lemon Wedge Wild Rice Italian Blend Vegetables Garden Salad w/Carrots Dessert
13 Beef w/Chu Hou Sauce Brown & White Rice Turnips & Carrots Dessert	14 Chicken Pastina Whole Wheat Pasta Green Peas & Carrots Garden Salad Dessert	15 Steamed Fish W/ Shacha Sauce Brown & White Rice Bok Choy & Carrots Dessert	16 Asian Vegetable Soup Oriental Shoyu Chicken w/Brown Rice Oriental Blend Vegetables Dessert	17 Broccoli & Cheese Frittata Whole Wheat Bread Garlic Spinach w/Onions Roasted Red Potatoes Gelatin w/Tropical Fruit
20 Baked Chicken w/Garlic Brown & White Rice Turnips & Carrots Dessert	21 Balsamic Glazed Chicken Whole Wheat Roll Herbed Carrots Broccoli Florets Carrot Cake	22 Braised Chicken & Potato w/ Light Oyster Sauce Bok Choy Brown & White Rice Dessert	23 Sweet & Sour Chicken Brown Rice Oriental Blend Vegetables Dessert	24 Fish Sandwich w/Lettuce, Tomato, & Onion Whole Wheat Hamburger Bun Baked Sweet Potato Fries Carrots & Pineapple Slaw Dessert
	28 Carrot Ginger Soup Teriyaki Chicken w/Brown Rice Japanese Vegetable Blend Chocolate Chip Cookie	29 Baked Fish w/Corn Bok Choy Brown & White Rice Dessert	30 Beef & Turkey Cabbage Bake Whole Wheat Breadstick Roasted Cauliflower Carrot Raisin Salad Dessert	31 Vegetarian Pasta Primavera Broccoli, Carrots, & Tomatoes Garden Salad w/Red Bell Peppers 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