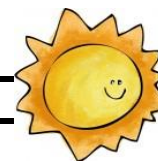


**AVENIDAS ROSE KLEINER CENTER**  
**MONTHLY MENU : August 2019**



Monday	Tuesday	Wednesday	Thursday	Friday
  <h1 align="center">August</h1>			<b>1</b> Baked Fish w/Dill Sauce Whole Wheat Breadstick Potato Wedges Coleslaw w/Carrots Dessert	<b>2</b> Beef Shepherd's Pie w/Potatoes and Veggies Whole Wheat Roll Spinach Salad Jell-O w/Oranges
<b>5</b> Baked Chicken w/Peking Sauce Brown / White Rice Turnip & Carrots Dessert	<b>6</b> Carne Asada Spanish Brown Rice Black Beans & Corn Fresh Fiesta Slaw w/Shredded Carrots Peach Crisp	<b>7</b> Baked Pork Spareribs w/Garlic Brown / White Rice Broccoli & Zucchini Dessert	<b>8</b> Chicken Char Siu Brown Rice Oriental Blend Vegetables Fresh Asian Slaw Dessert	<b>9</b> Asian Veggie Soup Chicken Teriyaki Brown Rice Seasoned Green Beans Creamy Cucumber Salad Hawaiian "Poke" Cake
<b>12</b> Minced Beef w/Tomato Sauce Brown/ White Rice Broccoli & Cauliflower Dessert	<b>13</b> Dijon Herb Crusted Fish Lemon Wedge Wild Rice Garlic Spinach Biscayne Vegetable Blend Ambrosia	<b>14</b> Baked Fish w/ Vegetables Brown & White Rice Potato, Onion & Carrots Dessert	<b>15</b> Hungarian Beef Goulash Macaroni Noodles Whole Wheat Breadstick Peas & Carrots Salad w/ Red Bell Peppers Dessert	<b>16</b> Roasted Chicken Balsamic Glaze & Peaches Whole Wheat Roll California Blend Vegetables Mashed Potatoes Dessert
<b>19</b> Baked Chicken w/Bell Peppers & Oyster Sauce Brown / White Rice Cucumber & Carrots Dessert	<b>20</b> Broccoli Frittata Whole Wheat Bread Roasted Red Potatoes Fresh Garden Salad Dessert	<b>21</b> Baked Chicken Thigh w/Lemon Sauce Brown / White Rice Mustard Greens Dessert	<b>22</b> Sopa de Conchitas Cuban Mojo Chicken Spanish Brown Rice Fresh Broccoli Slaw Dessert	<b>23</b> Baked Fish w/Lemon & Garlic Aioli Wild Rice Mixed Blend Vegetables Coleslaw w/Carrots Dessert
<b>26</b> Braised Pork w/Taro Brown / White Rice Napa Cabbage & Carrots Dessert	<b>27</b> Cream of Celery Soup Rosemary Chicken Farro Fresh Squash Medley Fresh Garden Salad Dessert	<b>28</b> Beef w/Cumin Egg Noodle Cabbage & Carrots Dessert	<b>29</b> Tilapia Vera Cruz Cilantro Brown Rice Fresh Herbed Zucchini Carrot & Raisin Salad Dessert	<b>30</b> Greek Chicken w/Tzatziki Sauce Whole Wheat Pita Stewed Tomatoes Fresh Garden Salad Fresh Cantaloupe

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*