

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">2</p> <p align="center">Baked Fish w/Soybean Sauce 醬油烤魚 Brown & White Rice Okra & Corn</p>	<p align="center">3</p> <p align="center">Carrot Ginger Soup Sweet & Sour Chicken 甜酸雞 w/Bell Peppers & Onions Brown Rice Fresh Asian Slaw</p>	<p align="center">4</p> <p align="center">Beef w/Cumin 孜然牛肉 Whole Grain Egg Noodles Cauliflower & Carrots</p>	<p align="center">5</p> <p align="center">Turkey & Broccoli Pasta 火雞西蘭花義大利麵 Whole Wheat Pasta Seasoned Green Peas Marinated Carrot Salad</p>	<p align="center">6</p> <p align="center">Chicken w/Tuscan Sauce 番茄醬雞肉 Whole Wheat Bread Roasted Red Potatoes Mixed Vegetable Blend</p>
<p align="center">9</p> <p align="center">Steamed Chicken* Patty w/Oatmeal 燕麥蒸雞肉餅 Brown & White Rice Broccoli & Onions</p>	<p align="center">10</p> <p align="center">Beef Chile Colorado 辣豆醬牛肉 Corn Tortilla Pinto Beans Fresh Fiesta Slaw</p>	<p align="center">11</p> <p align="center">Baked Chicken* w/Sweet Vinegar 甜醋烤雞 Brown & White Rice Squash & Carrots</p>	<p align="center">12</p> <p align="center">Mushroom Chicken 蘑菇雞 Whole Wheat Bread Broccoli & Cauliflower Garlic Spinach</p>	<p align="center">13</p> <p align="center">Tomato Basil Soup Macaroni & Cheese 乾酪通心粉 Whole Wheat Macaroni Herbed Diced Carrots Cucumber & Tomato Salad</p>
<p align="center">16</p> <p align="center">Steamed Chicken w/ Taro & Black Bean Sauce 芋頭豆鼓醬蒸雞肉 Brown Rice Bok Choy & Carrots</p>	<p align="center">17</p> <p align="center">Turkey Stew w/Potatoes, Carrots, & Celery 蔬菜燉火雞肉 Whole Wheat Bread Italian Vegetable Blend</p>	<p align="center">18</p> <p align="center">Baked Chicken w/ Ginger & Onion 薑洋蔥烤雞 Egg Noodles Broccoli & Carrots</p>	<p align="center">19</p> <p align="center">Salisbury Steak w/ Gravy 漢堡牛扒 Whole Wheat Roll Mashed Potatoes Broccoli Florets</p>	<p align="center">20</p> <p align="center">Roast Beef w/Au Jus 醬汁烤牛肉 Whole Wheat Breadstick Garlic Mashed Potatoes Creamed Spinach</p>
<p align="center">23</p> <p align="center">Beef w/ Chu Hou Sauce 柱侯醬牛肉 Brown Rice Cabbage & Carrots</p>	<p align="center">24</p> <p align="center">Roasted Chicken w/ Gravy 烤雞肉 Whole Wheat Breadstick Roasted Red Potatoes Glazed Carrots</p>	<p align="center">25</p> <p align="center">(聖誕節; 活動中心不開放)</p>	<p align="center">26</p> <p align="center">Chicken Curry 咖哩雞 Brown Rice w/ Lentils Roasted Cauliflower Fresh Garden Salad</p>	<p align="center">27</p> <p align="center">Beef & Turkey Chili w/ Bell Peppers, Tomatoes, Onions, and Celery 蔬菜辣豆醬牛肉和火雞 Whole Wheat Roll Carrot Raisin Salad</p>
<p align="center">30</p> <p align="center">Braised Chicken* w/Pumpkin & Onion 南瓜洋蔥燒雞 Brown & White Rice Napa Cabbage & Carrots</p>				

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. Sandwich orders may be ordered up to 10AM each day.

菜單如有更改, 恕不通知