

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 Brown & White Rice Okra & Corn Dessert</p>	<p align="center">3</p> <p align="center">Carrot Ginger Soup Sweet & Sour Chicken w/Bell Peppers & Onions Brown Rice Fresh Asian Slaw Dessert</p>	<p align="center">4</p> <p align="center">Beef w/Cumin Whole Grain Egg Noodles Cauliflower & Carrots Dessert</p>	 <p align="center">5</p> <p align="center">Turkey & Broccoli Pasta Whole Wheat Pasta Seasoned Green Peas Marinated Carrot Salad Dessert</p>	<p align="center">6</p> <p align="center">Chicken w/Tuscan Sauce Whole Wheat Bread Roasted Red Potatoes Mixed Vegetable Blend Dessert</p>
<p align="center">9</p> <p align="center">Steamed Chicken* Patty w/Oatmeal Brown & White Rice Broccoli & Onions Dessert</p>	<p align="center">10</p> <p align="center">Beef Chile Colorado Corn Tortilla Pinto Beans Fresh Fiesta Slaw Dessert</p>	<p align="center">11</p> <p align="center">Baked Chicken* w/Sweet Vinegar Brown & White Rice Squash & Carrots Dessert</p>	<p align="center">12</p> <p align="center">Mushroom Chicken Whole Wheat Bread Broccoli & Cauliflower Garlic Spinach Warm Cinnamon Applesauce</p>	<p align="center">13</p> <p align="center">Tomato Basil Soup Macaroni & Cheese Whole Wheat Macaroni Herbed Diced Carrots Cucumber & Tomato Salad Dessert</p>
 <p align="center">16</p> <p align="center">Steamed Chicken w/ Taro & Black Bean Sauce Brown Rice Bok Choy & Carrots Dessert</p>	<p align="center">17</p> <p align="center">Turkey Stew w/Potatoes, Carrots, & Celery Whole Wheat Bread Italian Vegetable Blend Dessert</p>	<p align="center">18</p> <p align="center">Baked Chicken w/ Ginger & Onion Egg Noodles Broccoli & Carrots Dessert</p>	<p align="center">19</p> <p align="center">Salisbury Steak w/ Gravy Whole Wheat Roll Mashed Potatoes Broccoli Florets Dessert</p>	<p align="center">20</p> <p align="center">Roast Beef w/Au Jus Whole Wheat Breadstick Garlic Mashed Potatoes Creamed Spinach Pecan Pie</p> 
<p align="center">23</p> <p align="center">Beef w/ Chu Hou Sauce Brown Rice Cabbage & Carrots Dessert</p>	<p align="center">24</p> <p align="center">Roasted Chicken w/ Gravy Whole Wheat Breadstick Roasted Red Potatoes Glazed Carrots Dessert</p>	<p align="center">25</p> <p align="center">CLOSED FOR THE HOLIDAY!</p> 	<p align="center">26</p> <p align="center">Chicken Curry Brown Rice w/ Lentils Roasted Cauliflower Fresh Garden Salad Dessert</p>	<p align="center">27</p> <p align="center">Beef & Turkey Chili w/ Bell Peppers, Tomatoes, Onions, and Celery Whole Wheat Roll Carrot Raisin Salad Dessert</p>
<p align="center">30</p> <p align="center">Braised Chicken* w/Pumpkin & Onion Brown & White Rice Napa Cabbage & Carrots Dessert</p>	<p align="center">31</p> <p align="center">Split Pea Soup Pot Roast w/Gravy Heirloom Potato Medley Herbed Diced Carrots Dessert</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.**

Menu Subject to Change