

**AVENIDAS ROSE KLEINER CENTER  
MONTHLY MENU : January 2020**



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>  (新年; 活動中心不開放)	<b>2</b> Beef & Turkey Cabbage Bake 牛肉和火雞烤白菜 Whole Wheat Breadstick Roasted Cauliflower Carrot Raisin Salad	<b>3</b> Chicken Char Siu 叉燒雞 Brown Rice Seasoned Cabbage Garden Salad
<b>6</b> Chicken w/Paprika Cream Sauce 紅甜椒醬雞肉 Brown Rice Veggie Blend Super Food Slaw	<b>7</b> Szechuan Chicken 豆瓣醬雞 Whole Wheat Noodles Asian Veggie Blend Fresh Garden Salad	<b>8</b> Beef Stroganoff 炒牛肉 Whole Wheat Pasta Herbed Carrots Garden Salad w/ Bell Peppers	<b>9</b> Baked Fish w/ Tartar Sauce & Lemon 塔塔醬檸檬烤魚 Brown Rice Garlic Spinach Fresh Coleslaw	<b>10</b> Corn Chowder Soup BBQ Chicken 燒烤雞 Whole Wheat Breadstick Mashed Potatoes Broccoli Florets
<b>13</b> Roasted Chicken w/Apple Chutney Sauce 蘋果酸辣醬烤雞 Whole Wheat Roll Glazed Carrots & Broccoli Fresh Baked Potato	<b>14</b> Chicken Parmesan 乾酪雞 Whole Wheat Pasta Italian Blend Vegetables Fresh Garden Salad	<b>15</b> Turkey Pot Pie 火雞肉餡餅 Whole Wheat Biscuit Green Peas & Carrots Apple Cranberry Coleslaw	<b>16</b> Asian Vegetable Soup Orange Glazed Chicken 柳橙雞 Asian Brown Rice Fresh Seasoned Cabbage Fresh Garden Salad	<b>17</b> Spaghetti & Meatballs 肉丸意大利麵 Whole Wheat Pasta Seasoned Green Peas Fresh Garden Salad
<b>20</b> (馬丁·路德·金紀念日; 活動中心不開放)  	<b>21</b> (員工訓練日; 活動中心不開放)	<b>22</b> Tamale Pie w/Cornbread 玉米墨西哥餡餅 Herbed Squash Garden Salad w/Bell P	<b>23</b> Turkey & Broccoli Pasta 火雞西蘭花義大利麵 Whole Wheat Pasta Seasoned Green Peas Marinated Carrot Salad	<b>24</b> Chicken w/Tuscan Sauce 番茄醬雞肉 Whole Wheat Bread Roasted Red Potatoes Mixed Vegetable Blend
<b>27</b> Brunswick Stew w/Tomatoes, Corn, Lima Beans, & Potatoes 蔬菜燉雞肉 Cornbread Fresh Broccoli Florets	<b>28</b> Beef Chile Colorado 辣豆醬牛肉 Corn Tortilla Pinto Beans Fresh Fiesta Slaw	<b>29</b> Fish w/Lemon Sauce 檸檬醬魚 Organic Quinoa Garden Blend Veggies Garden Salad	<b>30</b> Mushroom Chicken 蘑菇雞 Whole Wheat Bread Broccoli & Cauliflower Garlic Spinach	<b>31</b> Tomato Basil Soup Macaroni & Cheese 乾酪通心粉 Whole Wheat Macaroni Herbed Diced Carrots Cucumber & Tomato Salad
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.    ** 三明治必須在每天早上 10 點之前預訂 ***				菜單如有更改, 恕不通知