

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



Monday	Tuesday	Wednesday	Thursday	Friday
		1 CENTER CLOSED HAPPY NEW YEAR!	2 Beef & Turkey Cabbage Bake Whole Wheat Breadstick Roasted Cauliflower Carrot Raisin Salad Dessert	3 Chicken Char Siu Brown Rice Seasoned Cabbage Garden Salad Dessert
6 Chicken w/Paprika Cream Sauce Brown Rice Veggie Blend Super Food Slaw Dessert	7 Szechuan Chicken Whole Wheat Noodles Asian Veggie Blend Fresh Garden Salad Dessert	8 Beef Stroganoff Whole Wheat Pasta Herbed Carrots Garden Salad w/ Bell Peppers Dessert	9 Baked Fish w/ Tartar Sauce & Lemon Brown Rice Garlic Spinach Fresh Coleslaw Dessert	10 Corn Chowder Soup BBQ Chicken Whole Wheat Breadstick Mashed Potatoes Broccoli Florets Dessert
13 Roasted Chicken w/Apple Chutney Sauce Whole Wheat Roll Glazed Carrots & Broccoli Fresh Baked Potato Dessert	14 Chicken Parmesan Whole Wheat Pasta Italian Blend Vegetables Fresh Garden Salad Dessert	15 Turkey Pot Pie Whole Wheat Biscuit Green Peas & Carrots Apple Cranberry Coleslaw Dessert	16 Asian Vegetable Soup Orange Glazed Chicken Asian Brown Rice Fresh Seasoned Cabbage Fresh Garden Salad Dessert	17 Spaghetti & Meatballs Whole Wheat Pasta Seasoned Green Peas Fresh Garden Salad Dessert
20 Center closed for MLK day 	21 CENTER CLOSED FOR STAFF RETREAT	22 Tamale Pie w/Cornbread Herbed Squash Garden Salad w/Bell Peppers Dessert	23 Turkey & Broccoli Pasta Whole Wheat Pasta Seasoned Green Peas Marinated Carrot Salad Dessert	24 Chicken w/Tuscan Sauce Whole Wheat Bread Roasted Red Potatoes Mixed Vegetable Blend Dessert
27 Brunswick Stew w/Tomatoes, Corn, Lima Beans, & Potatoes Cornbread Fresh Broccoli Florets Dessert	28 Beef Chile Colorado Corn Tortilla Pinto Beans Fresh Fiesta Slaw Dessert	29 Fish w/Lemon Sauce Organic Quinoa Garden Blend Veggies Garden Salad Dessert	30 Mushroom Chicken Whole Wheat Bread Broccoli & Cauliflower Garlic Spinach Warm Cinnamon Applesauce	31 Tomato Basil Soup Macaroni & Cheese Whole Wheat Macaroni Herbed Diced Carrots Cucumber & Tomato Salad Dessert

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