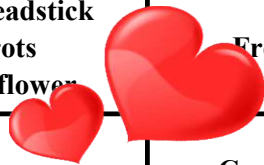


AVENIDAS ROSE KLEINER CENTER  
MONTHLY MENU : February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>3 Parmesan Crusted Fish 乾酪魚 Whole Wheat Breadstick Roasted Sweet Potatoes Fresh Broccoli Florets</p>	<p>4 Turkey Pastina Casserole 火雞肉通心粉砂鍋 Whole Wheat Penne Italian Blend Vegetables Salad w/Red Bell Pepper</p>	<p>5 Chicken Fajita w/Corn Tortilla 墨西哥烤雞肉和薄餅 Bell Peppers &amp; Onions Fresh Pinto Beans</p>	<p>6 Asian Vegetable Soup Chicken Fried Brown Rice 雞肉炒糙米飯 Broccoli &amp; Cauliflower Fresh Asian Slaw</p>	 <p>7 Pot Roast w/ Gravy 紅燒牛肉 Whole Wheat Roll Herbed Carrots Whipped Potatoes</p>
<p>10 Shoyu Chicken 醬油雞 Brown Rice Seasoned Green Beans Pineapple Slaw</p>	<p>11 Philly Cheesesteak 費城牛肉奶酪 Stuffed Bell Pepper Whole Wheat Roll Garden Salad w/ Carrots</p>	<p>12 Navy Bean Soup Honey Mustard Chicken 蜂蜜芥末醬雞 Whole Wheat Breadstick Herbed Carrots Seasoned Cauliflower</p>	<p>13 Sloppy Joe Sandwich 牛絞肉三明治 Whole Wheat Bun Golden Corn Fresh Garden Salad</p>	<p>14 Chicken w/Creamed Spinach 奶油菠菜雞肉 Whole Wheat Pasta Fresh Garden Salad</p>
<p>17 (美國總統日; 活動中心不開放)</p> 	<p>18 Diced Chicken Whole Wheat Pasta 雞肉義大利麵 Green Peas &amp; Carrots Salad w/ Bell Pepper</p>	<p>19 Beef &amp; Turkey Enchilada Casserole 牛肉和火雞肉餡捲餅砂鍋 Corn Tortilla Pinto Beans Herbed Carrots</p>	<p>20 Cream of Celery Soup Ranchero Chicken 墨西哥式燒雞肉 Corn Tortilla Herbed Zucchini Mexicali Corn Salad</p>	<p>21 Creamy Veggies w/ Pasta 奶油蔬菜通心粉 Whole Wheat Rotini Broccoli, Carrots &amp; Tomatoes Seasoned Green Beans</p>
<p>24 Chicken w/Peach-Orange BBQ Glaze 桃子柳橙醬烤雞 Whole Wheat Breadstick Baked Potato Collard Greens</p>	<p>25 Meat Lasagna Roll 牛肉千層麵捲 Whole Wheat Roll Vegetable Blend Caprese Salad</p>	<p>26 Corn Chowder Soup Rotisserie Chicken 烤雞肉 Whole Wheat Bread Fresh Broccoli Florets Veggie Blend</p>	<p>27 Tuna A La King 蔬菜燒雞肉 Whole Wheat Biscuit Green Peas &amp; Carrots Fresh Garden Salad</p>	 <p>28 Beef Lo Mein 牛肉拌麵 Whole Wheat Noodles Asian Stir Fry Veggies</p>

I ♥ YOU



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