





AVENIDAS ROSE KLEINER CENTER

MONTHLY MENU : OCTOBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Chile Lime Chicken Potato Wedges Whole Wheat Roll Vegetable Blend Dessert</p>
<p>4</p> <p>Roast Chicken with Apple Chutney Whole Wheat Roll Broccoli & Carrots Dessert</p>	<p>5</p> <p>Garlic Rosemary Chicken Brown Rice Zucchini Coleslaw Dessert</p>	<p>6</p> <p>Cheese Lasagna with Spinach Sauce Whole Wheat Roll Vegetable Blend Garden Salad w/Carrots Dessert</p>	<p>7</p> <p>Chicken with Ginger Scallion Sauce Asian Brown Rice Cabbage Fresh Garden Salad Dessert</p>	<p>8</p> <p>Spaghetti & Chicken/Beef Meatballs w/Marinara Sauce Peas Cabbage Fresh Garden Salad Dessert</p>
<p>11</p> <p>Roast Beef with Gravy Whole Wheat Roll Whipped Potatoes Carrots Dessert</p>	<p>12</p> <p>Sweet and Sour Chicken Brown Rice Mustard Greens Asian Coleslaw Dessert</p>	<p>13</p> <p>Beef & Turkey Enchilada Casserole w/Corn Tortilla Zucchini and Green Beans Dessert</p>	<p>14</p> <p>Turkey Divan with Whole Wheat Penne Pasta Capri Vegetable Blend Marinated Carrot Salad Dessert</p>	<p>15</p> <p>Arroz con Pollo (Chicken) Brown Rice Pinto Beans Fresh Garden Salad Dessert</p>
<p>18</p> <p>Veggie Patty w/Cuban Sauce Brown Rice Vegetable Blend Fresh Garden Salad Dessert</p>	<p>19</p> <p>Baked Chicken w/Creamy Tuscan Sauce Whole Wheat Bread Brussel Sprouts Mashed Sweet Potatoes Dessert</p>	<p>20</p> <p>Baked Fish with Lemon Sauce Whole Wheat Roll Spinach Broccoli & Cauliflower Dessert</p>	<p>21</p> <p>BBQ Chicken Sandwich on Wheat Bun Garden Vegetable Blend Apple Cranberry Coleslaw Dessert</p>	<p>22</p> <p>Ginger Pepper Steak Brown Rice Stir Fry Vegetables and Broccoli Dessert</p>
<p>25</p> <p>Baked Fish Sandwich on Wheat Bun w/Tartar Sauce Spinach Fresh Coleslaw Dessert</p>	<p>26</p> <p>Chicken with Whole Wheat Garlic Noodles Cabbage and Carrots Asian Vegetable Blend Dessert</p>	<p>27</p> <p>Pollo (Chicken) a la Crema Cilantro Brown Rice Spinach Creamy Fresh Broccoli Dessert</p>	<p>28</p> <p>Shepherd's Pie (Beef & Turkey w/Whipped Potatoes) Whole Wheat Bread Broccoli and Cauliflower Dessert</p>	<p>29</p> <p>Squash, Wild Rice & Pork Sausage Casserole Whole Wheat Roll Broccoli Dessert</p>

Nutritional Supplements as ordered: Glucerna, Boost, Ensure. Sandwich orders may be ordered up to 10AM each day.

Menu Subject to Change