


AVENIDAS ROSE KLEINER CENTER
MONTHLY MENU: September, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Baked Fish w/ Lemon Sauce Whole Wheat Pasta Green Beans Garden Salad	2 Garlic Rosemary Chicken Whole Wheat Bread Roasted Tomatoes Potato Wedges Ice Cream
5 Labor Day 	6 Baked Fish w/ Dijon Sauce Whole Wheat Roll Corn Broccoli	7 Chicken Fajita w/ Fajita Vegetables Pinto Beans	8 Smothered Chicken Whole Wheat Bread Whipped Potatoes California Blend Vegetables Root Beer Floats	9 Korean Bibimbap Rice Bowl Glazed Carrots Marinated Green Bean Salad
12 Baked Fish w/ Mango Salsa Spanish Rice Corn w/ Bell Peppers Cilantro Coleslaw Chocolate Milkshakes	13 Turkey Chili Whole Wheat Rolls Baked Potatoes Garden Salad	14 Ginger Soy Chicken Garlic Noodles Zucchini Carrot Raisin Salad	15 Beef Casserole Whole Wheat Rolls Broccoli Garden Salad	16 BBQ Chicken Sandwich Sweet Potatoes Coleslaw
19 Beef Tamale Pie Green Pea Zucchini w/ Bell Peppers	20 Chicken Curry Brown Rice Corn Diced Carrots	21 Teriyaki Turkey Burger Japanese Blend Vegetables Coleslaw	22 Greek Chicken Brown Rice Pilaf Cauliflower Creamy Cucumber Salad Apple Crisp	23 Cuban Chicken Whole Wheat Bread Spinach Broccoli
26 Citrus Spiced Chicken Spanish Rice Brussels Sprouts Carrot Raisin Coleslaw	27 Bean & Cheese Burritos Corn w/ Bell Peppers Garden Salad Peach Trifle	28 Baked Fish w/ Red Pepper Sauce Whole Wheat Rolls Creamy Broccoli Salad	29 Turkey Tacos Diced Carrots Pinto Beans	30 Chile Lime Chicken California Blend Vegetables Fresh Garden Salad
Nutritional Supplements as ordered: Glucerna and Ensure. Sandwich orders may be ordered up to 10AM each day. A diabetic friendly dessert is offered daily, and special desserts are noted on the menu.				Menu Subject to Change