


AVENIDAS ROSE KLEINER CENTER
MONTHLY MENU: December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Fish Vera Cruz Spanish Brown Rice Broccoli & Corn	2 Beef Casserole Green Beans & California Vegetable Blend
5 Garbanzo Bean Stew Brown Rice & California Vegetable Blend	6 Creamy Tuscan Chicken Whole Wheat Bread Brussels Sprouts & Mashed Sweet Potatoes <i>Birthday Cake</i>	7 Beef Chili Mac Whole Wheat Roll Broccoli & Fresh Garden Salad	8 BBQ Chicken Sandwich Garden Vegetable Blend & Apple Cranberry Coleslaw	9 Baked Fish w/ Lemon Sauce Brown Rice Carrots & Green Beans
12 Beef Shepherd's Pie Whole Wheat Bread Broccoli & Cauliflower	13 Baked Fish Sandwich w/ Tartar Sauce Spinach & Coleslaw	14 Arroz con Pollo Pinto Beans & Fresh Garden Salad	15 Chicken Char Siu Whole Wheat Garlic Noodles Carrots & Asian Vegetable Blend <i>Banana Bread</i>	16 Calabacitas con Pollo Brown Rice w/ Beans & Fiesta Vegetable Blend
19 Vegetarian Cheese Lasagna Whole Wheat Bread California Vegetable Blend & Fresh Garden Salad	20 Chicken Mole Cilantro Brown Rice Mashed Pinto Beans & Fiesta Coleslaw	21 Western Beef Patty w/ Crispy Onions Whole Wheat Bread Whipped Potatoes Broccoli	22 Chicken Parmesan Whole Grain Spaghetti Glazed Carrots Fresh Garden Salad	23 Chicken Tamale Spanish Brown Rice Pinto Beans Fresh Garden Salad <i>Mexican Chocolate Pudding</i>
26 Center Closed 	27 Vegetarian Chili Cornbread Broccoli Fresh Garden Salad	28 Cranberry Dijon Chicken Brown Rice Brussels Sprouts Spinach <i>Lemon Bars</i>	29 Beef Stroganoff Whole Wheat Penne Pasta San Francisco Vegetable Blend Green Peas	30 Baked Chicken w/ Gravy Wild Rice Roasted Red Potatoes Fresh Caesar Salad <i>Tapioca Pudding</i>
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.				<i>Menu Subject to Change</i>