

AVENIDAS ROSE KLEINER CENTER

MONTHLY MENU: MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pork Fried Rice Asian Vegetable Soup Green Peas Asian Slaw Cookies	2 Beef & Turkey Taco Corn Tortilla Pinto Beans Zucchini Brownies	3 Baked Fish Sandwich Hamburger Bun Roasted Sweet Potatoes Fresh Coleslaw Banana Cake
6 Stuffed Pepper Casserole Bread Tomatoes & Bell Peppers Brussels Sprouts Cobbler	7 Chicken Curry Brown Rice Steamed Zucchini Broccoli Salad Blueberry Muffins	8 Potato Crusted Fish Tomato Soup Macaroni & Cheese Green Beans Fresh Garden Salad Cookies	9 Open Face Turkey Sandwich w/Gravy Whipped Potatoes 4-Way Vegetable Blend Brownies	10 Sesame Ginger Pork Garlic Noodles Broccoli Spinach Greens Cup Cakes
13 Chicken Stir Fry Stir Fry Vegetables Asian Slaw Cobbler	14 Spaghetti w/ Meat Sauce Italian Blend Vegetables Green Beans Shamrock Cookies	15 Lime Chicken Whole Grain Corn Roasted Potatoes Broccoli Cookies	16 Vegetarian Bean Chili Brussels Sprouts Fresh Garden Salad Brownies	17 Cabbage Roll Casserole Glazed Carrots Roasted Red Potatoes Double Chocolate Cookie
20 Meatballs w/ Mushroom Gravy Garlic Breadstick Whipped Potatoes Green Beans & Bell Peppers Cobbler	21 Chicken Alfredo Pasta Whole Wheat Penne Pasta Broccoli Carrots Pumpkin Muffins	22 Lemon Pepper Fish Brown Rice Italian Vegetable Blend Fresh Garden Salad w/Carrots Cookies	23 Dijon Pork Whole Wheat Roll Roasted Sweet Potatoes Brussels Sprouts Brownies	24 Sloppy Joe Sandwich Hamburger Bun Steamed Yellow Cup Cakes
27 Vegetarian Southwest Pasta Whole Grain Penne Pasta Spinach Greens California Vegetable Blend Cobbler	28 Beef & Turkey Lettuce Wraps Cilantro Brown Rice Asian Blend Vegetables Banana Muffins	29 Fiesta Chicken Vegetable Soup Whole Wheat Tortilla Fiesta Vegetable Blend Cilantro Slaw Cookies	30 Fish w/ Roasted Red Pepper Sauce Whole Wheat Roll 4-Way Vegetable Blend Broccoli Brownies	31 Ginger Pepper Beef Garlic Noodles Steamed Cabbage Fresh Garden Salad w/ Carrots Cup Cakes

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

