



AVENIDAS ROSE KLEINER CENTER
MONTHLY MENU: AUGUST 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Bean & Cheese Burrito served on a Whole Wheat Tortilla served with Corn & Yellow Bell Peppers and a Fresh Garden Salad Apple Pie</p>	<p>2</p> <p>Cold Vegetable Pasta Salad Tuna Salad Wheat rolls Brownies</p>	<p>3</p> <p>Turkey Stroganoff with Mushrooms Egg Noodles Mixed Vegetables Lemon Pound Cake</p>	<p>4</p> <p>Chicken Fried Rice made with Brown Rice, Green Beans and Cauliflower Cheesecake cookies</p>
<p>7</p> <p>Chicken Mole served with a Whole Wheat Tortilla, Pinto Beans and Peas & Carrots Vanilla Cup Cakes</p>	<p>8</p> <p>Baked Fish with Tartar Sauce served with Brussels Sprouts and Sweet Potatoes Apple Pie</p>	<p>9</p> <p>Lemon Chicken Basmati Rice Green beans Brownies</p>	<p>10</p> <p>Pasta with Bacon and Peas or Vegetarian Pasta with Peas and Onions Salad Lemon Pound Cake</p>	<p>11</p> <p>Mushroom Chicken served with Whole Wheat Pasta, Broccoli and Diced Beets Cheesecake cookies</p>
<p>14</p> <p>Chicken with Chimichurri Sauce served with Brown Rice, Cauliflower and Diced Carrots Vanilla Cup Cakes</p>	<p>15</p> <p>Black Bean Soup followed by Calypso Chicken Casserole served with Brown Rice, Green Peas and Fresh Cole Slaw Apple pie</p>	<p>16</p> <p>Turkey Zucchini Enchilada Casserole Chips and Salsa Lettuce and Tomato Brownies</p>	<p>17</p> <p>Honey Garlic Chicken Roasted Potatoes Mixed Vegetables Lemon Pound Cake</p>	<p>18</p> <p>Salisbury Steak served with a Whole Wheat Roll served with Broccoli and Whipped Potatoes Cheesecake Cookies</p>
<p>21</p> <p>Orange Glazed Chicken served with Asian Brown Rice, Green Peas and Fresh Asian Slaw Vanilla Cup Cakes</p>	<p>22</p> <p>Tacos Al Pastor served on a Whole Wheat Tortilla with Pinto Beans and Diced Carrots Apple Pie</p>	<p>23</p> <p>Turkey and Feta Meatballs Egg noodles Vegetable Greek Salad Brownies</p>	<p>24</p> <p>Cold Vegetarian Pasta Salad Chicken Salad Whole Wheat Rols Lemon Pound Cake</p>	<p>25</p> <p>Garlic Rosemary Chicken served with Whole Wheat Bread, Roasted Tomatoes and Potato Wedges Cheesecake Cookies</p>
<p>28</p> <p>Baked Fish with Mango Salsa served with Spanish Brown Rice and Fresh Cilantro Coleslaw Vanilla Cup Cakes</p>	<p>29</p> <p>Turkey and White Bean Chili served with Whole Wheat Bread, Fresh Baked Potato and Fresh Garden Salad Apple Pie</p>	<p>30</p> <p>Chicken Parmesan Whole Wheat Pene Sauteed Spinach Brownies</p>	<p>31</p> <p>Turkey Chili with Beans Vegetarian Chili Corn Bread Salad Lemon Pound Birthday Cake!!</p>	
<p>Nutritional Supplements as ordered: Glucerna or Ensure. Sandwich orders may be made up to 10:15AM each day. A diabetic friendly dessert option is offered daily, and special desserts are noted on the menu. Fresh In-House Lunch Menu prepared by Chef Erin on Wednesday's and Thursday's</p>				<p><i>Menu Subject to Change</i></p>