

AVENIDAS ROSE KLEINER CENTER
MONTHLY MENU: NOVEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Turkey or Vegetable Lasagna Mixed Green Salad Garlic Bread Brownies</p>	<p>2 Turkey Stroganoff w/Mushrooms Egg Noodles Mixed Vegetables Banana Bread</p>	<p>3 Korean Beef & Turkey Bibimbap Rice Bowl served w/Brown Rice, Glazed Carrots & Marinated Green Beans Chocolate Chip Cookies</p>
<p>6 Salisbury Steak w/Gravy Whole Wheat Bread served w/Whipped Potatoes & California Vegetable Blend Pumpkin Mousse</p>	<p>7 Pasta Primavera Whole Wheat Bread served w/Broccoli & Fresh Garden Salad Mixed Berry Pie</p>	<p>8 Chicken Parmesan over Whole Wheat Pasta served with Mixed Vegetables and Caesar Salad Brownies</p>	<p>9 Grilled Cheese or Ham & Cheese Sandwich Tomato Soup Mixed Vegetables Banana Bread</p>	<p>10 Roast Turkey Whole Wheat Bread served w/Whipped Potatoes & Capi Vegetable Blend Chocolate Chip Cookies</p>
<p>13 Chicken w/Ginger in Scallion Sauce Whole Grain Garlic Noodles served w/Cabbage & Fresh Garden Salad Pumpkin Mousse</p>	<p>14 Vegetarian Meatballs w/Koffa Curry Sauce Brown Rice served w/Peas & Carrots Mixed Berry Pie</p>	<p>15 Chicken & Vegetable Stir-Fry served with White Rice and Pot Sticker Brownies</p>	<p>16 Turkey Tacos served with Corn Tortilla, Beans & Rice and Garden Salad Banana Bread</p>	<p>17 Chicken fried rice Garlic Rosemary Chicken w/Gravy Whole Wheat Bread served w/Whipped Potatoes & Fresh Coleslaw Chocolate Chip Cookies</p>
<p>20 Chicken mole Pinto Beans Peas & carrots Tortilla Pound Cake /Caramel Sauce Pumpkin Mousse</p>	<p>21 Baked fish with tartar sauce Curried cauliflower soup Brussel sprouts Sweet potatoes Mixed Berry Pie</p>	<p>22 Baked Chicken Breast served with Mashed Potatoes and Bread Stuffing Brownies *ARKC Thanksgiving</p>	 <p>CLOSED THURSDAY & FRIDAY HAPPY THANKSGIVING Have a Wonderful Holiday!</p>	
<p>27 Garbanzo Bean Stew Brown Rice served w/California Vegetable Blend Carrots & Spinach Pumpkin Mousse</p>	<p>28 Baked Chicken w/Creamy Tuscan Sauce Whole Wheat Bread served w/Brussels Sprouts & Sweet Potatoes Mixed Berry Pie</p>	<p>29 Chicken Broccoli Rice & Cheese Casserole Green Beans Brownies</p>	<p>30 Turkey Enchilada Pie served with Black Beans and Rice Banana Bread</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>Menu Subject to Change</p>

