

# AVENIDAS ROSE KLEINER CENTER

## September 2024 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>2</p>	<p>3</p> <p>Beef &amp; Turkey Tamale Pie Zucchini with Red Bell Peppers and Peas Jello</p> 	<p>4</p> <p>Sweet Thai Chili Fish Lentil Soup Brown Rice Green Beans with Bell Peppers, Spinach Cookies</p>	<p>5</p> <p>Greek Chicken Brown Rice Pilaf Cauliflower Creamy Cucumber Salad Jello</p>	<p>6</p> <p>Cuban Chicken Roast Whole Wheat Bread 4-Way Vegetable Blend Broccoli Cup Cakes</p>
<p>9</p> <p>Potato-Crusted Fish with Dijon Herb Sauce Whole Wheat Bread Sweet Potatoes Creamy Broccoli Salad Pudding</p>	<p>10</p> <p>Bean &amp; Cheese Burrito Whole Wheat Tortilla Corn with 1 oz. Red or Yellow Bell Peppers Fresh Garden Salad Fresh Fruit</p>	<p>11</p> <p>Citrus Spiced Chicken Tortilla Soup Spanish Brown Rice Brussels Sprouts Carrot Slaw Jello</p> 	<p>12</p> <p>Pork Fried Rice Brown Rice Green Beans Cauliflower Cookies</p>	<p>13</p> <p>Meatloaf with Gravy Whole Wheat Bread Glazed Carrots Whipped Potatoes Fresh Fruit</p>
<p>16</p> <p>Chicken Mole Whole Wheat Tortilla Pinto Beans Peas &amp; Carrots Pudding</p> 	<p>17</p> <p>BBQ Chicken Riblet Hot Dog Bun Whole Kernel Corn Fresh Potato Salad Cookies</p>	<p>18</p> <p>Asian Tomato Beef Asian Vegetable Soup WG Vietnamese Red Rice Cabbage with Carrots Yellow Squash Pudding</p>	<p>19</p> <p>Chicken Curry Brown Rice Broccoli Peanut Carrot Salad Fresh Fruit</p> 	<p>20</p> <p>Potato-Crusted Fish with Tartar Sauce Hamburger Bun Brussels Sprouts Tossed Salad with Tomatoes Cookies</p>
<p>23</p> <p>Chicken with Onion Gravy Herbed Brown Rice Cauliflower 4-Way Vegetable Blend Jello</p>	<p>24</p> <p>Chicken Fried Rice with Brown Rice and Peas Fresh Coleslaw Ice Cream Sundae Bar</p>	<p>25</p> <p>Omelet with Shredded Cheese Tomato Soup, Bread Roasted Potatoes Spinach Fresh Fruit</p>	<p>26</p> <p>Salisbury Steak Whole Wheat Bread Broccoli Whipped Potatoes Cookies</p>	<p>27</p> <p>Creole Chicken Dirty Brown Rice Red Beans Tossed Salad with Carrots Fresh Fruit</p>
<p>30</p> <p>Garlic Rosemary Chicken Stewed Roma Tomatoes Potato Wedges Whole Wheat Bread B-Day Cup Cakes</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.

*Menu Subject to Change*