

AVENIDAS ROSE KLEINER CENTER

October 2024 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
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 7	1 Fish w/Pesto Sauce Whole Wheat Pasta Brussels Sprouts Fresh Garden Salad with Shredded Carrots Chocolate Chip Cookies	2 Turkey Pot Pie California Vegetable Soup Whole Wheat Biscuit Sweet Potatoes Lemon Cake	3 Garlic Rosemary Chicken Whole Wheat Bread Stewed Roma Tomatoes Potato Wedges Jello	4 Chicken Carnitas Corn Tortilla Pinto Beans Parslied Carrots Ice Cream
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7 Potato-Crusted Pollock w/ Lemon Herb Sauce Brown Rice Pilaf Chickpea Salad Diced Carrots Fruit Cups	8 Vegetarian Kofta Curry Meatballs Brown Rice Spinach Salad Cauliflower Peanut Butter Cookies	9 Turkey Vegetable Stew Whole Wheat Bread Peas Diced Sweet Potatoes Pumpkin Pie	10 Roast Chicken w/Apple Chutney Sauce Corn Chowder Soup Whole Wheat Roll Whipped Potatoes Green Beans Oatmeal Cookies	11 Chicken w/Tso Sauce Garlic Noodles Cabbage Fresh Tossed Salad Chocolate or Vanilla Pudding
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14 Beef & Turkey Meatloaf w/ Gravy Whole Wheat Bread Whipped Potatoes 4-Way Vegetable Blend Chocolate Chip Cookies	15 Sweet & Sour Chicken Garlic Noodles Cabbage w/ Carrots Cauliflower Jello	 16 Pesto Chicken Split Pea Soup Whole Wheat Roll Italian Vegetable Blend Peas w/ Red Pepper Fruit Cups	17 Fish w/Roasted Garlic Marsala Whole Wheat Bread Red Diced Potatoes Broccoli Ice Cream	18 Beef & Turkey Enchilada Casserole Corn Tortilla Pinto Beans California Mix Salad Lemon Cake
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21 Vegetarian Chili Cornbread Slice Carrots Roasted Zucchini Chocolate or Vanilla Pudding	22 Chicken w/Creamy Tuscan Sauce Minestrone Soup Whole Wheat Roll Brussels Sprouts 5-Way Vegetable Blend Fruit Cups	23 Beef Stroganoff w/ Egg Noodles Whole Wheat Bread Broccoli & Cauliflower Fresh Tossed Salad Oatmeal Cookies	24 Lime Chicken Corn Tortilla Cilantro Coleslaw Roasted Sweet Potatoes Pumpkin Pie	25 Creole Fish Brown Rice Red Beans Peas & Carrots Peanut Butter Cookies
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28 Chicken w/ Cacciatore Sauce Whole Wheat Roll Diced Carrots Green Beans w/Red Peppers Jello	29 Shepherd's Pie Tomato Basil Soup Whole Wheat Bread Mixed Vegetables Spinach Oatmeal Cookies	30 Fish w/Green Chili Sauce Corn Tortilla Pinto Beans Fresh Tossed Salad Fruit Cups	 31 Apple Cider Chicken Whole Wheat Bread Roasted Sweet Potatoes Peas Halloween Cookies	
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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

