



ROSENER HOUSE

500 Arbor Road
 Menlo Park CA 94025
 Telephone: 650-322-0126
 Fax: 650-543-4773
 www.penvol.org



Rosener House Lunch Menu October 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Verde Tamale Street Style Corn Whole Wheat Bread <i>Dessert:</i> Pears	4 Baked Ziti w/ Cheese Broccoli Whole Wheat Bread <i>Dessert:</i> Apple Sauce	5 Pot Roast & Gravy over Mashed Potatoes Zucchini, Tomatoes & Onions Whole Wheat Bread <i>Dessert:</i> Oranges	6 Chicken & Biscuit Steamed Spinach Carrots Whole Wheat Bread <i>Dessert:</i> Pineapple	7 Turkey Mediterranean over Pasta Cauliflower & Parsley Whole Wheat Bread Ice Cream Social
10 Beef & Bell Pepper Stir Fry over Steamed Brown Rice Glazed Carrots w/ Ginger Broccoli Whole Wheat Bread <i>Dessert:</i> Pineapple	11 Veggie Enchilada Casserole Spanish Rice Whole Wheat Bread <i>Dessert:</i> Oranges	12 Chicken Cordon Bleu w/ Mustard Sauce Broccoli & Brown Rice Whole Wheat Bread <i>Dessert:</i> Pears	13 Turkey Shepherd's Pie Broccoli, Carrots Whole Wheat Bread <i>Dessert:</i> Apple Sauce	14 Ultimate Franks & Beans Steamed Broccoli Whole Wheat Bread Ice Cream Social
17 Chicken Fajitas Pinto Beans Corn w/ Red Pepper Whole Wheat Bread <i>Dessert:</i> Oranges	18 Pasta Primavera w/ Seasonal Vegetables & Parmesan Cheese Rainbow Carrots Whole Wheat Bread <i>Dessert:</i> Pineapple	19 Salisbury Steak w/ Gravy over WW Couscous Roasted Zucchini Whole Wheat Bread <i>Dessert:</i> Apple Sauce	20 Butter Chicken over Steamed Rice Curried Mixed Veggies Whole Wheat Bread <i>Dessert:</i> Pears	21 Cheese Lasagna Marinara Vegetable Medley Whole Wheat Bread Cupcakes
24 Barley & Ground Turkey Bell Pepper Skillet Cauliflower Whole Wheat Bread <i>Dessert:</i> Apple Sauce	25 Veggie Fried Rice Corn & Broccoli Whole Wheat Bread <i>Dessert:</i> Pears	26 Chicken & Vegetable Curry over Rice Sesame Green Beans Whole Wheat Bread <i>Dessert:</i> Pineapple	27 Beef Stroganoff over Noodles Carrots & Cauliflower Whole Wheat Bread <i>Dessert:</i> Oranges	28 Turkey Shepherd's Pie Broccoli Carrots Whole Wheat Bread Ice Cream Social
31 Arroz con Pollo Carrots Whole Wheat Bread <i>Dessert:</i> Pears				

