

Hialeah Housing Authority Congregate Meal Site Menu

Week: 1

Cycle: July 1, 2010 – December 31, 2010

Sample Pattern*	Monday	Tuesday	Wednesday	Thursday	Friday
Bread/Grain 2 servings Include whole grain	½ c. Moros	½ c. White Rice 1 sl. Whole Wheat Bread	½ c. Fried Brown Chinese Rice w/ Veg 1 sl. WW Bread	½ c. White Rice 1 ea. Whole Wheat Roll	½ c. White Rice
Vegetable 2 servings Include dark green leafy, orange veggies; cooked dry beans	½ c. Yuca con Mojo 1 c. Tossed Salad	1 c. Red Bean Soup with ½ c. Potato, Pumpkin & Green Pepper in soup	½ c. Chinese Vegetables 1 c. Chicken Vegetable Soup	1 c. Lentil Soup 1 c. Lettuce & Tomato	½ c. Vegetables (in Fricassee) ½ c. Potatoes (in Fricassee)
Fruit 1 serving Include deeply colored fruits	½ c. Fruit Cocktail in lite syrup	½ c. Citrus Fruit Cup	½ c. Peaches in lite syrup	¾ c. Fruited Jell-O	
Milk/milk Alternate Low fat 1 serving	8 oz. 1% Milk	8 oz. 1% Milk	8 oz. 1% Milk	8oz. 1% Milk	8 oz. 1% Milk
Meat/meat alternate 3oz or equivalent	3oz. Pork Chunks with Lemon Sauce & Peppers	3 oz. Bistec en Casuela	3 ea. Ham Croquettes	3oz. Vaca Frita (Shredded Beef)	3 oz. Chicken Fricassee with Potatoes & Olives
Fats** 1 serving Limit	1 Tbsp Lite Dressing			1 T. Lite Dressing	
Dessert					½ c. Rice Pudding

Dietitian signature: 

Date: May 10, 2010

* Follow Dietary Guidelines For America for further guidance

** Fats = 1 teaspoon -- preferably vegetable source

For further information see Home and Community Based Programs and Services Manual DOEA 2005

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Hialeah Housing Authority Congregate Meal Site Menu

Week: 2

Cycle: July 1, 2010 - December 31, 2010

Sample Pattern*	Monday	Tuesday	Wednesday	Thursday	Friday
Bread/Grain 2 servings Include whole grain	½ c. White Rice 1 sl. Whole Wheat Bread	½ c. White Rice 1 sl. Cuban Bread	½ c. White Rice 1 ea. Whole Wheat Roll	½ c. Macaroni & Cheese 1 ea. WW Roll	½ c. Congri (Red Beans & Rice) ½ c. Yuca w/ Mojo
Vegetable 2 servings Include dark green leafy, orange veggies; cooked dry beans	½ c. Vegetables (in stew) 1 c. Tossed Salad	1 c. Galician (White Bean) Soup With ½ c. Turnips, Cabbage & Potato)	½ c. Green Peppers & Onions (for Ropa Vieja) 1 c. Lentil Soup	1 c. Carribbean Vegetables with Garlic Sauce	1 c. Tossed Salad ½ c. Onion & Green Peppers
Fruit 1 serving Include deeply colored fruits	½ c. Tropical Fruit Cup	1 ea. Fresh Orange	½ c. Cinnamon Applesauce	½ c. Mandarin Oranges in lite syrup	
Milk/milk Alternate Low fat 1 serving	8 oz. 1% Milk	8 oz. 1% Milk	8 oz. 1% Milk	8oz. 1% Milk	8 oz. 1% Milk
Meat/meat alternate 3oz or equivalent	3 oz. Beef Stew with Potatoes and Vegetables	3 oz. Chicken Breast with Lemon Garlic Sauce	3 oz. Braised Beef in Tomato Sauce (Ropa Vieja)	3oz. BBQ Chicken	3 oz. Pork Chunks with Peppers & Onions
Fats** 1 serving Limit	1 T. Lite Dressing	1 t. Margarine			1 T. Lite Dressing
Dessert					½ c. Chocolate Pudding

Dietitian signature: _____

Olivia Rojas RD, LD

Date: May 10, 2010

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Hialeah Housing Authority Congregate Meal Site Menu

Week: 3

Cycle: July 1, 2010 - December 31, 2010

Sample Pattern*	Monday	Tuesday	Wednesday	Thursday	Friday
Bread/Grain 2 servings Include whole grain	½ c. Macarrones (Pasta) 1 sl. Garlic Bread	½ c. White Rice 1 sl. Whole Wheat Bread	½ c. White Rice ½ c. Boiled Hantains	½ c. White Rice 1 ea. Whole Wheat Roll	½ c. Yelbw Rice 1 sl. Whole Wheat Roll
Vegetable 2 servings Include dark green leafy, orange veggies; cooked dry beans	½ c. Green Beans with Olive Oil & Vinegar 1 c. Vegetable Soup	1 c. Tossed Salad ½ c. Corn (for Guiso)	1 c. Red Bean Soup with ½ c. Potato, Pumpkin & Green Pepper in soup	1 c. Split Pea Soup with ½ c. Celery, Carrot & Potato	1 c. Lettuce & Tomato Salad ½ c. Sliced Ripe Plantains
Fruit 1 serving Include deeply colored fruits	1 ea. Fresh Orange	1 ea. Fresh Banana	½ c. Apricots	¾ c. Fruited Jello	½ c. Fresh Apple
Milk/milk Alternate Low fat 1 serving	8 oz. 1% Milk	8 oz. 1% Milk	8 oz. 1% Milk	8 oz. 1% Milk	8 oz. 1% Milk
Meat/meat alternate 3oz or equivalent	3 oz. Sausage, Ham & Ground Beef & parmesan cheese (Beefaroni)	Guiso de Maiz (Corn) with 1-2oz Meat inside 2oz. Pork Chunks	3oz. Picadillo (Ground Turkey) A la Guajira	3 oz. Stuffed Pepper with Ground Beef	3 oz. Chicken Boneless (Arroz con Pollo)
Fats** 1 serving Limit		1 T. Lite Dressing 1 t. Margarine			1 T. Lite Dressing
Dessert					

Dietitian signature: _____

Cheryl Reyes RD, LD

Date: May 10, 2010

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Revised 10/10/05 for OAA requirements (Gayle Dietz, MS, RD, LD/N, Nutrition Consultant, Alliance for Aging

Hialeah Housing Authority Congregate Meal Site Menu

Week: 4

Cycle: July 1, 2010 – December 31, 2010

Sample Pattern*	Monday	Tuesday	Wednesday	Thursday	Friday
Bread/Grain 2 servings Include whole grain	½ c. White Rice ½ c. Tamalen Hoja	½ c. White Rice	½ c. White Rice 1 sl. Cuban Bread	½ c. White Rice 1 ea. Whole Wheat Roll	½ c. Rice (for Paella) 1 ea. Whole Wheat Roll
Vegetable 2 servings Include dark green leafy, orange veggies; cooked dry beans	1 c. Garbanzo Soup ½ c. Vinagrette Tomatoes	1 c. Lentil Soup 1 c. Tossed Salad	1 c. Ajiaco Soup ½ c. Plantains	½ c. Cucumber Salad 1 c. Black Bean Soup	½ c. Peas and Carrots (in paella) 1 c. Tossed Salad
Fruit 1 serving Include deeply colored fruits	½ c. Pineapple Chunks	½ c. Citrus Fruit Cup	½ c. Pears in lite syrup	1 ea. Orange	
Milk/milk Alternate Low fat 1 serving	8 oz. 1% Milk	8 oz. 1% Milk	8 oz. 1% Milk	8 oz. 1% Milk	8 oz. 1% Milk
Meat/meat alternate 3oz or equivalent	1 Cuban Tamal (3 oz. Meat)	1 c. Papa Rellena (Potatoes stuffed with 3oz. Ground Beef)	3 oz. Roast Chicken in Mojo	3 oz. Roast Pork	3 oz. Fish, Chicken, and Ham (For Paella)
Fats** 1 serving Limit	1 T. Lite Dressing	1 T. Lite Dressing		1 T. Lite Dressing 1 t. Margarine	1 T. Lite Dressing
Dessert					1 slice Cake

Dietitian signature: _____

Alma Ruyra RD, LD

Date: May 10, 2010

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Revised 10/10/05 for OAA requirements (Gayle Dietz, MS, RD, LD/N, Nutrition Consultant, Alliance for Aging