# Hialeah Housing Authority
## Homebound Menu

**Week:** 1
**Cycle:** 2 July 1, 2010 – December 31, 2010

| Sample Pattern* | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Bread/Grain**<br>2 servings<br>Include whole grain | ½ c. White Rice<br>1 sl Cuban Bread | ½ c. White Rice<br>1 ea. Whole Wheat Roll | ½ c. White Rice<br>½ c. Cornmeal (for Tamal) | 1 ea. Whole Wheat Roll | 1 c. Rice w/ Corn<br>1 sl. Whole Wheat Bread |
| **Vegetable**<br>2 servings Include dark green leafy, orange veggies; cooked dry beans | 1 c. Black Bean Soup<br>½ c. Green Beans | ½ c. Green Pepper (for stuffed pepper)<br>½ c. Boiled Plantains | 1 c. Red Bean Soup<br>½ c. Carrots | ½ c. Mashed Potato<br>½ c. Mixed Vegetables | ½ c. Capri Blend Vegetables<br>½ c. Corn (in rice) |
| **Fruit**<br>1 serving<br>Include deeply colored fruits | ½ c. Pears in lite syrup | 1 ea. Orange | ½ c. Peaches in lite syrup | ¾ c. Fruited Jello | ½ c. Applesauce |
| **Milk/milk Alternate**<br>Low fat<br>1 serving | 8oz. 1% Milk | 8oz. 1% Milk | 8oz. 1% Milk | 8oz. 1% Milk | 8oz. 1% Milk |
| **Meat/meat alternate**<br>3oz or equivalent | 3oz. Picadillo a la Guajira (Ground Beef) | 1 ea. Stuffed Pepper with 3oz Ground Beef | 1 ea. Tamal en Hoja (With 3oz Meat) | 3oz. BBQ Chicken | 3oz. Meatballs in creole sauce |
| **Fats****<br>1 serving Limit | | | | | |
| **Dessert Optional**<br>Select foods high in whole grains, low in fat & sugar | | | | | |

**Dietitian signature:** _____ **Date:** May 7, 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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Revised 10/10/05 for OAA requirements (Gayle Dietz, MS, RD, LD/N, Nutrition Consultant, Alliance for Aging

# Hialeah Housing Authority
## Homebound Menu

**Week:** 2

**Cycle:** 2 July 1, 2010 – December 31, 2010

| Sample Pattern* | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Bread/Grain**<br>2 servings<br>Include whole grain | ½ c. Congri (Rice w/ Red Beans)<br>1 sl Cuban Bread | ½ c. White Rice<br>1 ea. Whole Wheat Roll | ½ c. Yellow Rice<br>1 ea. Whole Wheat Roll | ½ c. White Rice<br>1 ea. Whole Wheat Roll | ½ c. Chinese Rice<br>1 sl Whole Wheat Bread |
| **Vegetable**<br>2 servings Include dark green leafy, orange veggies; cooked dry beans | ½ c. Carrots<br>½ c. Yuca with Mojo Sauce | 1 c. Vegetable Soup<br>½ c. Guiso de Maiz | ½ c. Broccoli<br>½ c. Sliced Ripe Plantains | 1 c. Split Pea Soup<br>½ c. Mixed Vegetables | ½ c. Peas<br>½ c. Carrots<br>(Chinese Vegetables approx 1oz) |
| **Fruit**<br>1 serving<br>Include deeply colored fruits | 4oz. Cranberry Juice | 1 ea. Orange | 1 ea. Apple | 1 ea. Fresh Seasonal Fruit | 1 ea. Tangerine |
| **Milk/milk Alternate**<br>Low fat<br>1 serving | 8oz. 1% Milk | 8oz. 1% Milk | 8oz. 1% Milk | 8oz. 1% Milk | 8oz. 1% Milk |
| **Meat/meat alternate**<br>3oz or equivalent | 3oz. Sliced Pork in Lemon Garlic Sauce | 3oz. Ground Beef | 3oz. Chicken (Arroz con pollo) | 3oz. Ropa Vieja (Braised Beef in tomato sauce) | 3oz. Ham Croquettes |
| **Fats****<br>1 serving Limit | | | | | |
| **Dessert Optional**<br>Select foods high in whole grains, low in fat & sugar | | | | | ½ c. Vanilla Pudding |

**Dietitian signature:** Elena Reyes RD, LD **Date:** May 7, 2010

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# Hialeah Housing Authority

## Homebound Menu

Week: 3

Cycle: 2 July 1, 2010 – December 31, 2010

| Sample Pattern* | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Bread/Grain** 2 servings Include whole grain | ½ c. White Rice<br>1 sl Whole Wheat Bread | ½ c. White Rice<br>1 ea. Whole Wheat Roll | ½ c. Spaghetti<br>1 ea. Whole Wheat Roll | ½ c. White Rice<br>1 ea. Whole Wheat Roll | ½ c. Congri ( ¼ c. Rice, ¼ c. Red Beans)<br>1 ea. Cuban Bread |
| **Vegetable** 2 servings Include dark green leafy, orange veggies; cooked dry beans | 1 c. Lentil Soup<br>½ c. Sliced Beets | 1 c. Black Bean Soup<br>½ c. Sliced Carrots | ½ c. Italian Blend Vegetables<br>½ c. Green Beans | ½ c. Sliced Yellow Squash<br>1 c. Vegetable Soup | ½ c. Peas & Carrots<br>½ c. Yuca con Mojo |
| **Fruit** 1 serving Include deeply colored fruits | ½ c. Applesauce | ½ c. Peaches in lite syrup | 1 ea. Banana | 1 ea. Orange | ½ c. Tropical Fruit Cup |
| **Milk/milk Alternate** Low fat 1 serving | 8oz. 1% Milk | 8oz. 1% Milk | 8oz. 1% Milk | 8oz. 1% Milk | 8oz. 1% Milk |
| **Meat/meat alternate** 3oz or equivalent | 3oz. Fish in Maria Sauce | 3oz. Picadillo a la Guajira (Ground Beef) | 4oz. Meatsauce | 4oz. Chicken Fricassee with Olives and Potatoes | 3oz. Pork Chunks in Lemon Garlic Sauce |
| **Fats**** 1 serving Limit | | | | | |
| **Dessert Optional** Select foods high in whole grains, low in fat & sugar | | | | | |

Dietitian signature: _____ Date: May 7, 2010

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** Fats = 1 teaspoon -- preferably vegetable source

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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
## Homebound Menu

Week: 4
Cycle: 2 July 1, 2010 – December 31, 2010

| Sample Pattern* | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Bread/Grain**<br>2 servings<br>Include whole grain | 1 c. Moros (Black Beans & Rice)<br>1 sl Whole Wheat Bread | ½ c. White Rice<br>1 sl Cuban Bread | ½ c. White Rice<br>1 ea. Whole Wheat Roll | ½ c. White Rice<br>1 ea. Whole Wheat Roll | 1 c. Brown Rice w/ Vegetables<br>1 ea. Whole Wheat Roll |
| **Vegetable**<br>2 servings Include dark green leafy, orange veggies; cooked dry beans | ½ c. Baked Sweet Potato<br>½ c. Tomato Sce, Grn Pepper & Onion | 1 c. Red Bean Soup<br>½ c. Italian Blend Veg | 1 c. Galacian Soup w/ Vegetables<br>½ c. Green Beans & Onion | ½ c. Succotash<br>½ c. Tomato Sauce, Green Pepper & Onion | ½ c. Peas & Carrots<br>½ c. Vegetables in Rice |
| **Fruit**<br>1 serving<br>Include deeply colored fruits | 1 ea. Apple | 1 ea. Orange | ½ c. Pears in lite syrup | 4oz. Apple Juice | ½ c. Citrus Fruit Cup |
| **Milk/milk Alternate**<br>Low fat<br>1 serving | 8oz. 1% Milk | 8oz. 1% Milk | 8oz. 1% Milk | 8oz. 1% Milk | 8oz. 1% Milk |
| **Meat/meat alternate**<br>3oz or equivalent | 3oz. Chicken Breast in Tomato Sauce with Green Pepper & Onion | 1 ea. Meat Tamale | 3oz. Meatloaf | 3oz. Ropa Vieja (Braised Beef in tomato sauce) | 3oz. BBQ Chicken |
| **Fats****<br>1 serving Limit | | | | | |
| **Dessert Optional**<br>Select foods high in whole grains, low in fat & sugar | | | | ½ c. Rice Pudding | |

Dietitian signature: Alexa Reyna RD, LD Date: May 7, 2010

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