

Hialeah Housing Authority
 Congregate Cycle 1 Menu – January 16, 2023 – July 16, 2023

Week-1 Effective: February 6, 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Week 1	Week 1	Week 1	Week 1
1 c. Black Bean Soup 3 oz. Boliche in Sauce ½ c. Brown Rice ½ c. Mixed Green Salad 1 tsp. Lite Dressing ½ c. Fruit Mix in Juice 8 oz. 1% Fat Milk	½ c. Red Bean Soup 3 oz. Ground Turkey Picadillo w/ 1/3 c. multicolored bell peppers ½ c. White Rice ½ c. Seasoned Steamed Carrots 1 ea. Guava Pastry 1 ea. Fresh Orange 8 oz. 1% Milk	1 c. Galician soup (White Beans, Turnips, Cabbage & Potato) 4 oz. Chicken Fricassee w/ Potatoes, Olives, Peppers & Onions ½ c. White Rice ½ c. Mixed Vegetables 1 ea. Fresh Orange 8 oz. 1% Milk	8 oz. Tambor de Papa (3 oz. Ground Beef, 5 oz. Mashed Potatoes) ½ c. Peas & Carrots 1 ea. Fresh Fruit in Season 1 ea. Dinner Roll 1 ea. Margarine 8 oz. 1% Milk	3 oz. Sliced Roasted Pork w/ Mojo & Onions 1 c. Black Beans & Brown Rice ½ c. Yuca w/ Mojo 1 ea. Fresh Fruit in Season 8 oz. 1% Milk
Week-2 Effective: January 16, 2023				
Week 2	Week 2	Week 2	Week 2	Week 2
1 c. Split Pea Soup 3 oz. Ropa Vieja ½ c. Brown Rice ½ c. Green Bean w/ Mushroom, Onion & Garlic ½ c. Pears in Juice 8 oz. 1 % Fat Milk	1 c. Black Bean Soup 3 oz. Macitas de Puerco ½ c. Brown Rice ½ c. Marinated Tomato, Cucumber, Onion & Shredded Carrots 1 ea. Fresh Apple 8 oz. 1% Milk	1 c. Tamal en Cazuela 3 oz. Turkey Picadillo ½ c. Fried Plantains ½ c. Mixed Green Salad 1 tsp. Light Dressing 1 ea. Fresh Tangerine 8 oz. 1% Milk	3 oz. Roast Chicken w/ Gravy ½ c. Mashed Potatoes ½ c. Peas, Carrots & Onions 1 ea. Fresh Banana 1 ea. Corn Muffin 8 oz. 1% Milk	8 oz. Pasta w/ Seafood Marinara (½ c. Pasta, 4 oz. Seafood) ½ c. Caesar Salad 1 T Lite Caesar Dressing ½ c. Cantaloupe Melon 8 oz. 1% Milk

Dietitian Signature: *Maura Mendez, MS, RD, LDN, CNSC*

Date: 11 | 17 | 22

City of Hialeah

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Week-3 Effective: January 23, 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	Week 3	Week 3	Week 3	Week 3
1 c. Garbanzo Soup 3 oz. Breaded Chicken Tenders ½ c. Brown Rice ½ c. Spinach Salad w/ 4 Cherry Tomatoes 1 tsp. Lite Dressing ½ c. Fruited Yogurt 8 oz. 1% Milk	¾ c. Red Bean Soup 3 oz. Tortilla Espanola w/ Tomato, Onion & Potatoes ½ c. Brown Rice ½ c. Oven Fried Plantains ½ c. Fruit cocktail 8 oz. 1% Milk	12 oz. Special Fried Rice (Brown) (3oz. Pork, Ham & Egg, ½ c. Vegetables) ½ c. Mixed Green Salad 1 tsp Lite Ginger Dressing 1 ea. Fresh Banana 8 oz. 1% Milk	10 oz. Baked Vegetable Lasagna w/ Tomato Sauce & Cheese (½ c. Veg. In Lasagna, 1 c. Pasta) ½ c. Caesar Salad 1 tsp Lite Caesar Dressing 1 ea. Fresh Apple 1 ea. WW Garlic Dinner Roll 8 oz. 1% Fat Milk	1 c. Lentil Soup 4 oz. Tuna Salad ½ c. Lettuce & Tomato Slices 1 ea. WW Hamburger Bun ½ c. Grapes 8 oz. 1% Milk
Week-4 Effective: January 30, 2023				
Week 4	Week 4	Week 4	Week 4	Week 4
3 oz. Meatloaf w/ 1 oz. Lite Gravy ½ c. Mashed Potatoes ½ c. Green Beans ½ c. Whole Grain Sugar Free Arroz con Leche ½ c. Mandarin Oranges in Juice 8 oz. 1% Milk	1 c. Chicken Noodle Soup 3 oz. Chicken Leg ¼ w/ Mojo ½ c. White Rice ½ c. Boiled Pumpkin w/ Onion & Olive Oil ½ c. Fresh Banana 8 oz. 1% Milk	4 oz. Baked Swai w/ 1oz. Pepper & Lemon Sauce ½ c. Yellow Rice w/ Sofrito ½ c. Fried Plantains ½ c. Tossed Salad 1 T. Lite Dressing 1 ea. Orange 8 oz. 1 % Milk	½ c. Black Beans 3 oz. Shredded Beef in 1 oz. Garlic and onions ½ c. White Rice 1 oz. Mariquita Chips ½ ea. Fresh Fruit in Season 8 oz. 1 % Milk	1 c. Ajiaco 3 oz. Shredded Pork (Pan con Lechon) ½ c. Honey Dew 1 ea. Cuban Bread 8 oz. 1% Milk

Dietitian Signature: Maree Melendez, MS, RD, LDN, CNSC

Date: 11/17/22