

Hialeah Housing Authority

Congregate Cycle 2 Menu – July 19, 2021 - January 16, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Week 1	Week 1	Week 1	Week 1
1 c. Red Bean Soup 3 oz. Roasted Chicken in 1 oz. Mojo ½ c. White Rice 4 oz. Oven baked Plantains 1 ea. Whole Wheat Roll 1 ea. Fresh Orange 8 oz. 1% Milk	3 oz. Meatloaf w/ 1 oz. Gravy ½ c. Mashed Potatoes ½ c. Marinated Tomato, Onion & Broccoli Salad 1 sl. Whole Wheat Bread 1 t. Margarine ½ c. Applesauce 8 oz. 1% Milk	1 c. Split Pea Soup w/ Ham & Chorizo 5 oz. Tamale en Hoja ½ c. White Rice ½ c. Tossed Salad 1 T. Lite Dressing ½ c. Pears in Juice 8 oz. 1% Milk	1 c. Ajiaco Soup 4 oz. Ropa Vieja (Shredded Beef with Pepper & Onion) ½ c. White Rice ½. Spinach w/ 2ea. Cherry Tomato Salad 1 T. Lite Dressing 2 ea. WW Cuban Crackers ½ c. Pineapple Delight 8 oz. 1% Milk	3 oz. Sliced Roast Pork w/ 1 oz. Mojo ½ c. Moros (Brown Rice and Black Beans) ½ c. Yuca con Mojo and Onions ½ c. Marinated Tomato & Cucumber Salad 1 ea. Fresh Banana 8 oz. 1% Milk
Week 2	Week 2	Week 2	Week 2	Week 2
3 oz. Bistec en Cazuela ½ c. Mashed Potatoes 6 oz. Plantain Chips 1 sl. Cuban Bread ½ c. Fruit Mix in Juice 8 oz. 1% Milk	8 oz. Arroz con Pollo (w/ 3 oz Chicken, ½ c. Brown Rice & 1 oz. Vegetables) 4 oz. Oven Fried Plantains ½ c. Lettuce & Tomato 1 T. Lite Dressing 1 ea. Fresh pear 8 oz. 1% Milk	1 c. Garbanzo Bean Soup 3 oz. Roast Pork Loin ½ c. White Rice ½ c. Calabaza w/ Olive Oil & Onion 1 c. Lettuce and 2 Cherry Tomatoes w/ 1 T. Lite Dressing 1 Fresh Banana 8 oz. 1% Milk	3 oz. BBQ Chicken Leg Quarter ½ c. Whole Wheat Mac and Cheese ½ c. Marinated Tomato, Onion and Broccoli Salad 3 oz. Roasted Diced Sweet Potato 1 ea. Orange 8 oz. 1% Milk	4 oz. Pork Fricassee 1 c. Tamal en Casuela 4 oz. Oven Fried Plantains ½ c. Green Bean & Onion Salad ½ c. Yogurt & Berries 8 oz. 1% Milk

Dietitian Signature: Michelle Lavea MS, RD, LDIN, CDE

Date: 5/21/21

Hialeah Housing Authority

Congregate Cycle 2 Menu – July 19, 2021 - January 16, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	Week 3	Week 3	Week 3	Week 3
1 c. Galician Soup (White Beans, Turnips, Cabbage, & Potato) 4 oz. Chicken Fricassee w/ Potatoes, Olives, Peppers & Onions ½ c. White Rice ½ c. Green Bean w/ Mushrooms, Onion and Garlic Salad ½ c. Mixed Fruit in Juice 8 oz. 1% Milk	3 oz. Shredded Roast Pork in 1oz. Garlic Sauce 1 c. Moros (½ c. Black Beans and 1/2 c. Brown Rice) ½ c. Yuca w/ Mojo ½ c. Lettuce & Tomato 1 T. Lite Dressing 1 ea. Orange 8 oz. 1% Milk	3 oz. Sliced Roast Turkey w/ Gravy 1 c. Mashed potatoes ½ c. Caesar Salad 1 T. Lite Dressing 1 WW Bread ½ c. Chocolate Pudding 8 oz. 1% Milk	1 c. Red Bean Soup 3 oz. Picadillo a la Guajira ½ c. White Rice ½ c. Lettuce, Tomato & Carrot Salad 1 T. Lite Dressing 1 ea. Whole Wheat Roll 1 ea. Fresh Banana 8 oz. 1% Milk	8 oz. Arroz Campesino: Chicken, Chorizo, Olives, chick peas, onions, red and green peppers. 4 oz. Oven Fried Plantains ½ c. Mixed Green Salad 1 tsp. French Dressing ½ c. Fresh Fruit in Season (Strawberries or Honey dew) 8 oz. 1% Milk
Week 4	Week 4	Week 4	Week 4	Week 4
3 oz. Boliche in Sauce ½ c. White Rice ½ c. Mixed green salad with Tomato and Onion 1 T. Italian Dressing. 1 ea. Whole Wheat Roll 1 ea. Fresh Banana 8 oz. 1% Milk	1 c. Black Bean Soup 3oz. Macitas de Puerco ½ c. Brown Rice ½ c. Lettuce & Tomato 1 t. Lite Dressing ½ c. Pineapple in juice 8oz. 1% Milk	7 oz. Imperial Rice (2 oz. Shredded chicken. ½ oz. Mozzarella Cheese ½ c. Yellow Brown Rice) 4 oz. Oven Fried Plantains 1 c. Spinach & Cucumber Salad w/ 1 T. French Dressing 1 ea. Fresh Orange 8oz. 1% Milk	7 oz. Meat Lasagna 1 c. Cesar Salad 1 sl. WW Garlic Roll 1 ea. Fresh Apple 8 oz. 1% Milk	1 c. Lentil Soup 6 oz. Enchilado de Pescado (3 oz. Fish) w/ Peppers, Onions & Olives ½ c. White Rice ½ c. Fried Boniato 1 ea. Whole Wheat Roll 1 c. Yogurt & Berries 8oz. 1% Milk

Dietitian Signature: Michelle Lavea MS, RD, LDN, CDE

Date: 5/21/21