

## Hialeah Housing Authority

Congregate Menu – Cycle 2 July 16, 2018 – January 13, 2019

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week 1</b>	<b>Week 1</b>	<b>Week 1</b>	<b>Week 1</b>	<b>Week 1</b>
1 c. Black Bean Soup 1 ea. (3 oz.) Homemade Cuban Meatballs in Tomato Sauce (Sofrito) ½ c. White Rice ½ c. Green Bean & Onion Salad ½ c. Fruit Mix in juice 8 oz. 1% Milk 1 tsp. Margarine 1 sl. WW Bread	3 oz. Boliche in sauce ½ c. Oven fried plantain 1 c. Moros (Brown Rice and Black beans) 1 ea. Fresh Seasonal Fruit 1 sl. Cuban bread 8 oz. 1% Milk	1 c. Red Bean Soup w/ Potato, Pumpkin & Green Pepper (In Soup) 3 oz. Picadillo ½ c. White Rice ½ c. Steamed Plantain ½ c. Fresh Melon in Season 1 ea. WW Roll 8 oz. 1% Milk	1 c. Galician (White Bean) Soup with ½ c. Turnips, Cabbage, and Potato 3 oz. Chicken Leg Quarter with 1 oz. Naranja Agria and Garlic Sauce ½ c. White Rice ½ c. Mixed Green Salad 1 t. 1000 island dressing ½ c. Pineapple Delight 1 sl. Whole Wheat Bread 1 t. Margarine 8 oz. 1% Milk	7oz. Imperial Rice (2 ½ oz Shredded chicken. ½ oz Mozzarella Cheese ½ c. Yellow Rice) ½ c. Peas & Carrots ½ c. Spinach & Cucumber Salad w/ 1 T. French Dressing. 1 ea. Fresh Fruit in Season 1 sl. Birthday cake 1 ea. WW Roll 8oz. 1% Milk
<b>Week 2</b>	<b>Week 2</b>	<b>Week 2</b>	<b>Week 2</b>	<b>Week 2</b>
1 c. Navy Bean & Pumpkin Soup 4 oz. Fish Croquettes with Lime Wedge ½ c Yellow Rice ½ c. Beets and Onion Salad 6 oz. Fruited Jell-O 1 sl. Multigrain Bread 8 oz. 1% Milk	3 oz. Macitas de Puerco ½ c. Fufu de Platano 1 c. Congri (Brown Rice & Red Beans) 1 ea. Whole Wheat Roll 1 ea. Fresh Fruit in Season 8oz. 1% Milk	3 oz. Picadillo a la Guajira 1 c. Cornmeal (Harina de Maiz) ½ c. Oven Fried Plantains ½ c. Mixed Green Salad w/ Lite Dressing ½ c. Pineapple tidbits in juice 1 ea. Whole Wheat Roll 1 tsp. Margarine 8 oz. 1% Milk	3 oz. Sliced Roast Pork with 1 oz. Garlic Mojo Sauce ½ c. White Rice ½ c. Marinated Tomato & Onion Salad ½ c. Yuca 1 sl. Whole Wheat Cuban Bread 1 ea. Fresh Seasonal Fruit 8 oz. 1% Milk	8oz. Carne (3oz) con Papa (½ cup Potatoes and Vegetables) ½ c. White Rice ½ c. Spinach Salad with Cherry Tomato 1 T. Lite Dressing ½ c. Berries in Yogurt 1 sl. WW Bread 1 tsp. Margarine 8 oz. 1% Milk

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

Date: May 25, 2018

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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week 3</b>	<b>Week 3</b>	<b>Week 3</b>	<b>Week 3</b>	<b>Week 3</b>
1 c. Split pea Soup 3. oz. Chicken breast with sautéed onions ½ c. White Rice 1/2 c. Arroz con leche (Brown rice, sugar free and low fat milk) 1 ea. Orange 8 oz. 1% Milk	1 c. Lentil Soup w/ ham 1 ea. Tamal En Hoja w/ 2 oz. Pork ½ c. White Rice ½ c. Spinach and Cherry Tomato 1 T. Lite Dressing ½ c. Peaches in juice 8 oz. 1% Milk	7oz. Arroz Con Pollo ½ c. Oven Fried Plantains ½ c. Marinated Tomato & Onion Salad ½ c. Tropical Fruit Salad In juice 1 Sl. WW Roll 8 oz. 1% Milk	3 oz. Shredded Roast Pork w/ Onions 1 c. Moros (Black Beans & Rice) ½ c. Mixed Vegetables ½ c. Mandarin In Juice 1 sl. Cuban whole wheat bread 8 oz. 1% Milk	1 ea. (4 oz.) Breaded Chicken stuffed w/ broccoli and Cheese 1 c. Yellow Rice (with ½ c. Mixed Vegetables inside) ½ c. Marinated tomato and onion salad 1 ea. WW Roll 1 ea. Orange 8 oz. 1% Milk
<b>Week 4</b>	<b>Week 4</b>	<b>Week 4</b>	<b>Week 4</b>	<b>Week 4</b>
1 ea. (3 oz.) Meatloaf with 1oz Lite Gravy ½ c. Mashed Potatoes ½ c. Marinated cucumber and onion salad 1 ea. Fresh Fruit in Season (Plum) 1 sl. Multigrain Bread 1 tsp. Margarine 8 oz. 1% Milk	1 c. Garbanzo Soup 3 oz. Roast Chicken in 1oz. Mojo ½ c. White Rice ½ c. Boiled Pumpkin with Onion & Olive Oil ½ c. Pears in juice 1 ea. Whole Wheat Roll 1 tsp. Margarine 8 oz. 1% Milk	1 c. Ajiaco Soup 3 oz. Sliced Pork Rib ½ c. Mixed vegetables ½ c. White Rice 1 ea. Banana 1 ea. WW Roll 8 oz. 1% Milk	4 oz. Braised Beef in 1oz. Tomato Sauce (Ropa Vieja) w/ Green Peppers & Onions ½ c. White Rice ½ c. Oven Fried Plantains ½ c. Mixed Green Salad 1 T. Lite Dressing 1 sl. Papaya 1 ea. WW Roll 8 oz. 1% Milk	6 oz. Bacalao a la Vizcaina (with peppers and onions) ½ c. White rice ½ c. Boiled Boniato 1 c. Yogurt with Berries 1 ea. Multigrain Roll 8 oz. 1% Milk

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