

Hialeah Housing Authority
 Congregate **Lent** Cycle 1 Menu - January 16, 2023- July 16, 2023

Ash Wednesday	Friday	Friday	Friday	Friday
Week 1	Week 1	Week 2	Week 3	Week 4
4 oz. Baked Swai w/ 1oz. Pepper & Lemon Sauce ½ c. Yellow Rice w/ Sofrito ½ c. Oven Fried Plantains ½ c. Tossed Salad 1 T. Lite Dressing 1 ea. Orange 8 oz. 1% Milk	1 c. Navy Bean & Pumpkin Soup 4 oz. Breaded Fish Croquettes with Lime Wedge ½ c. Yellow Rice (Brown Rice) ½ c. Lettuce & Tomato 1 tsp. Lite Dressing ½ c. Fruited Jell-O 8 oz. 1% Milk	¾ c. Vegetable Soup 2 ea. Cheese Manicotti (3oz. Cheese) w/ Tomato Sauce ½ c. Italian Blend Végétales 1 ea. Tangerine 8 oz. 1% Milk	1 c. Butternut Squash Soup 8 oz. Seafood Paella (3oz seafood & ½ c. Rice) ½ c. Oven Fried Plantain 1 ea. Papaya Slice 8 oz. 1% Milk	½ c. Minestrone Soup 7 oz. Vegetable Lasagna ½ c. Mixed Greens Salad 1 T. Light Dressing 1 ea. Fresh Pear 1 ea. WW Garlic Roll 8 oz. 1% Milk
Friday	Friday	In observation of the Lenten Season, this menu will replace the Ash Wednesday Menu and all Fridays throughout the duration of Lent		
Week 5	Week 6			
¾ c. Lentil Soup 4 oz. Tuna Salad ½ c. Lettuce & Tomato Slices 1 ea. WW Hamburger Bun 1 ea. Banana 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 Mulendy, MS, RD, LDN, CDE

Date: 11/9/22