

City of Hialeah
Homebound Hot Cycle 1 Menu – January 16, 2023 – July 16, 2023

Week-1 Effective: February 6, 2023						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Week 1	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. Green Pea w/ Mushroom & Onion ½ c. Fruit Cup 8 oz. 1% Fat Milk	1 c. Red Bean Soup 3 oz. Ground Turkey Picadillo ½ c. White Rice ½ c. Steamed Seasoned Carrots 1 ea. Whole Grain Guava Pastry 8 oz. 1% Fat Milk	1 c. Galician Soup (White Beans, Turnips, Cabbage & Potatoes) 4 oz. Chicken Fricassee ½ c. White Rice ½ c. Mixed Vegetables 1 ea. Fresh Orange 8 oz. 1% Fat 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	2 oz. Turkey, 1 oz. Cheddar Cheese on a Hamburger Bun 1 pk. Mariquitas ½ c. Baby Carrots 1 pk. Lite Mayo & Mustard 1 ea. Fresh Fruit in Season 8 oz. 1% Fat Milk	1 ea. Midnight Sandwich w/ 3 oz. Pork, Ham & Swiss Cheese 1 pk. Plantain Chips ½ c. Potato Salad 1 pkt. Lite Mayo & Mustard 4 oz. Yogurt w/ Fruit 8 oz. 1% Fat Milk
Week-2 Effective: January 16, 2023						
Week 2	Week 2	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. Fruit Cup 8 oz. 1 % Fat Milk	1 c Black Bean Soup 3 oz. Macitas de Puerco (pork chunks) ½ c. Brown Rice ½ c Capri Blend 1 ea. Fresh Apple 8 oz 1% Fat Milk	1 c. Tamal en Cazuela 3 oz. Turkey Picadillo ½ c. Fried Plantains ½ c California Blend 1 ea. Fresh Tangerine 8 oz. 1% Milk	3 oz. Roast Chicken ¼ w/ Gravy ½ c. Mashed Potato ½ c. Peas & Carrots w/ Onion 1 ea. Fresh Banana 1 ea. Corn Muffin 8 oz. 1% Fat Milk	8 oz. Pasta w/ Seafood Marinara (½ c. Pasta, 4 oz. Seafood) ½ c Green Beans ½ c. Cantaloupe Melon 8 oz. 1% Milk	Cuban Sandwich 1 pk. Potato Chips 1ea. Fresh Fruit in Season 1 ea. V-8 Juice 8 oz. 1% Fat Milk	2 oz. Turkey Slices, Swiss Cheese on a WW Hamburger Bun 1 ea. Sun Chips 1 ea. Fresh Fruit 4 oz. Fruit Juice 8 oz. 1% Fat Milk

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

Date: 11/17/22

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

Week-3 Effective: January 23, 2023						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 3	Week 3	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. Peas & Carrots w/ Onions ½ c. Fruited Yogurt 8 oz. 1% Milk	¾ c. Red Bean Soup 3 oz. Tortilla Espanola w/ Tomato, Onion & Potato ½ c. Brown Rice ½ c. Oven Fried Plantains ½ c. Fruit Cup 8 oz. 1% Fat Milk	12 oz. Special Fried Rice (Brown) (3oz. Pork, Ham & Egg, ½ c. Vegetables) ½ c. Carrots 1 ea. Fresh Banana 8 oz. 1% Milk	7 oz. Baked Vegetable Lasagna w/ Tomato Sauce & Cheese (½ c. Veg. In Lasagna, 1 c. Pasta in Lasagna) ½ c. Italian Blend Veg. 1 ea. Fresh Apple 1 ea. WW Garlic Dinner Roll 8 oz. 1% 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	2 oz. Turkey, 1 oz. Cheddar Cheese on a Hamburger Bun 1 pk. Mariquitas ½ c. Baby Carrots 1 pk. Lite Mayo & Mustard 1 ea. Fresh Fruit in Season 8 oz. 1% Fat Milk	1 ea. Midnight Sandwich w/ 3 oz. Pork, Ham & Swiss Cheese 1 pk. Plantain Chips ½ c. Potato Salad 1 pkt. Lite Mayo & Mustard 4 oz. Yogurt w/ Fruit 8 oz. 1% Fat Milk
Week-4 Effective: January 30, 2023						
Week 4	Week 4	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. Arroz con Leche ½ c. Fruit Cup 8 oz. 1% Fat Milk	1 c. Chicken Noodle Soup 3 oz. Chicken Leg ¼ w/ Mojo ½ c. White Rice ½ c. Boiled Pumpkin with 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. Oven Fried Plantains ½ c sauteed peppers and onions 1 ea. Orange 8 oz. 1% Fat Milk	½ c. Black Bean Soup 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% Fat Milk	Cuban Sandwich 1 pk. Potato Chips 1 ea Fresh Fruit in Season 1 ea. V-8 Juice 8 oz. 1% Fat Milk	2 oz. Turkey Slices, Swiss Cheese on a WW Hamburger Bun 1 ea. Sun Chips 1 ea. Fresh Fruit 4 oz. Fruit Juice 8 oz. 1% Fat Milk

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

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