

Hialeah Housing Authority

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Week 1	Week 1	Week 1	Week 1	Week 1	Week 1
1 c. Red Bean Soup 3 oz. Roasted Chicken in 1oz. Mojo ½ c. White Rice 1/3 c. Oven Baked Plantains 1 ea. WW Roll 1 ea. Fresh Orange 8 oz. 1% Milk	3 oz. Meatloaf w/ Gravy ½ c. Mashed Potatoes 1/3 c. Green Beans 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 1/3c. Mixed Vegetables 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 c. Oven Fried Plantains 2 ea. WW Cuban Crackers ½ c. Pineapple Delight 8oz. 1% Milk	3 oz. Sliced Roast Pork w/ 1oz. Mojo 1 c. Moros (Brown Rice and Black Beans) ½ c. Yuca w/ Mojo & Onions ½ c. Marinated Tomato & Cucumber Salad 1 ea. Fresh Banana 8 oz. 1% Milk	¼ Roast Chicken (3 oz.) w/ Mushroom Gravy ½ c. Mixed Vegetables w/ Garlic Butter ½ c. Mashed Potatoes 1 ea. Whole Wheat Roll ½ c. Canned Peaches in Juice 8 oz. 1% Milk	1 ea. WW Midnight Sandwich w/ 3 oz. Pork, Ham & Swiss Cheese 1 pkt. Potato Chip 5.5oz V-8 Juice 1 pkt. Mustard ½ c. Fruit Mix 8 oz. 1% Milk
Week 2	Week 2	Week 2	Week 2	Week 2	Week 2	Week 2
3 oz. Bistec en Cazuela ½ c. Mashed Potatoes 1 pkt. 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) ½ c. 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 ½ c. Lettuce and 2 Cherry Tomatoes w/ 1 T. Lite Dressing 1ea. Fresh Banana 8 oz. 1% Milk	3 oz. BBQ Leg Quarter 1 c. Whole Wheat Mac and Cheese ½ c. Marinated Tomato, Onion and Broccoli Salad 1 ea. Orange 8 oz. 1% Milk	4 oz. Pork Fricassee 1 c. Tamal en Casuela ½ c. Fried Plantains ½ c. Green Bean & Onion Salad ½ c. Yogurt & Berries 8 oz. 1% Milk	3 oz. Sliced Turkey w/ Gravy 1/3 c. Roasted Diced Sweet Potato ½ c. Broccoli w/ Cheese Sauce 1 ea. Fresh Pear 1sl. Whole Wheat Bread 8 oz. 1% Milk	Italian sub: 1oz. Ham, 1oz. Salami, 1oz. Provolone on WW Sub Roll 1 pc. Italian Dressing ½ c. Lettuce w/ 2 Cherry Tomatoes 1 pkg. sun Chips 1 ea. Banana 8 oz. 1% Milk

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

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 3	Week 3	Week 3	Week	Week 3	Week 3	Week 3
1 c. Galician Soup (White Beans, Turnips, Cabbage, & Potato) 4 oz. Chicken Fricassee with Potatoes, Olives, Peppers & Onions ½ c. White Rice 1/3 c. Green Beans w/ Mushroom, Onion & Garlic ½ c. Mixed Fruit in Juice 8 oz. 1% Milk	3 oz. Shredded Roast Pork in 1oz. Garlic Sauce 1 c. Moros. (Brown Rice w/Black Beans) ½ c. Yuca w/ Mojo ½ c. Lettuce & Tomato 1 T. Lite Dressing 1ea. 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 1/3 c. Peas and Carrots 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, sazón completo. ½ c. Oven Fried Plantains 1/3 c. Mixed Vegetables ½ c. Fresh Fruit in Season (Strawberries or Honey dew) 8 oz. 1% Milk	7 oz. Baked Ziti with Ground Beef and mozzarella cheese ½ c. Green Beans w/ Garlic Butter ½ c. Roasted Sliced Carrots w/ Thyme 1 ea Fresh Banana 8 oz. 1% Milk	1 ea. Cuban Sandwich w/ 3 oz. Pork, Ham & Swiss Cheese 1 pkt. Mayo 1 pkt. Mustard 1 pk. Plantain Chips 1 Orange 8 oz. 1% Milk
Week 4	Week 4	Week 4	Week	Week 4	Week 4	Week 4
3 oz. Boliche in Sauce ½ c. White Rice 1 c. Italian Blend Vegetables 1 ea. Whole Wheat Roll 1 ea. Fresh Banana 8 oz. 1% Milk	1 c. Black Bean Soup 3oz. Masitas de Puerco ½ c. Brown Rice ½ c Mixed vegetables ½ c. Pineapple in juice 8 oz. 1% Milk	7 oz. Imperial Rice (2 ½ oz. Shredded Chicken. ½ oz Mozzarella Cheese, ½ c. Yellow Brown Rice) 1/3 c. Green Peas w/ Mushroom, Onions & Garlic ½ c. Oven Fried plantains 1 ea. Fresh Orange 8 oz. 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 ½ c. Fruited Yogurt 8 oz. 1% Milk	¼ Oven Fried Chicken Leg ½ c. Mashed Potatoes w/ Gravy ½ c. Green Beans w/ Onions & Butter 1 ea. Fresh Banana 1 sl. Multigrain Bread 8 oz. 1% Milk	2oz. Turkey, 1oz. Provolone on Onion Bun 1 pkt. Plantain Chips 1- 5.5oz. V-8 Juice 1 ea. Fresh Orange 8 oz. 1% Milk

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