MONDAY

CYCLE 2

BREAKFAST

(4 oz) Fruit Juice, (1/2 cup) Hot/Cold Cereal
(4 oz) Fruit Yogurt, (1) Croissant
(1t) Margarine/Jelly (8 oz) Milk

Fruit Juice/ American Coffee/ Cuban Coffee available daily at Breakfast

LUNCH

(3oz) Lemon Fish, (1/2 cup) Rice, (1/2 cup) Split Peas
(1cup) Salad w/Dressing, 1 Slice of Cake

Café Bistro opened from 6 am - 7 pm
American Coffee / Cuban Coffee available daily at Lunch

DINNER

(6 oz) Soup of the Day with (6 oz) Chicken Tenders
(1/2 cup) Baked Fries, (1/2 cup) California Veg.
(1 cup) Salad w/Dressing, (8 oz) Milk, (1/2 cup) Fruits

Snacks are offered Daily. Bread and Margarine is offered at Lunch and Dinner

For Diabetics: Follow portion sizes. Use skim milk. Use sugar substitute, sugar free beverages, fruit juices with no added sugar and fruit in own juice and sugar free desserts No Added Salt: Follow the regular meal plan. Omit salt and substitute salted meats with another roasted meat. No canned soups and no salted crackers. Low fat/Cholesterol: Use skim milk, Lean meats, baked, broiled, light mayonnaise, light margarine, low fat desserts or fruit.

TUESDAY

CYCLE 2

BREAKFAST

(4 oz) Fruit Juice, (1/2 cup) Hot/Cold Cereal
(2) Boiled Eggs, (1/2 c) Breakfast Potatoes
with Vegetables (8oz) Milk

Fruit Juice/ American Coffee/ Cuban Coffee available daily at Breakfast

LUNCH

(3 oz) Shredded Beef (Ropa Vieja)
(1/2 cup) Rice, (1/2 cup) Ripe Plantains
(1 cup) Salad w/Dressing, (1/2 cup) Flan

Café Bistro opened from 6 am - 7 pm
American Coffee / Cuban Coffee available daily at Lunch

DINNER

(6 oz) Soup of the Day, (3 oz) Stuffed Cauliflower
(1/2 cup) Mashed Potato, (1 cup) Salad w/ Dressing
(8 oz) Milk, (1/2 cup) Fruits

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WEDNESDAY

CYCLE 2

BREAKFAST

(4 oz) Fruit Juice, (1/2 cup) Hot/Cold Cereal
(4 oz) Cottage Cheese, (1/2 cup) Fresh Fruit
(1) Muffin/Pastry, (8 oz) Milk

Fruit Juice/ American Coffee/ Cuban Coffee available daily at Breakfast

LUNCH

(3oz) Liver, (1/2 cup) White Rice/Beans
(1/2 cup) Veg, (1cup) Salad w/Dressing
(1 slice) Apple Pie

Café Bistro opened from 6 am - 7 pm
American Coffee / Cuban Coffee available daily at Lunch

DINNER

(6 oz) Soup of the Day, (1/2 cup) Macaroni with
(3 oz) Chicken Alfredo, (1) Garlic Toast
(8 oz) Milk, (1/2 cup) Mandarines

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THURSDAY

CYCLE 2

BREAKFAST

(4 oz) Fruit Juice, (1/2 cup) Hot/Cold Cereal
(2 oz) Omelet/ Cheese, (1/2 cup) Vegetables
(1sl) Toast / Margarine, (8 oz) Milk

Fruit Juice/ American Coffee/ Cuban Coffee available daily at Breakfast

LUNCH

(3oz) Shredded Chicken, (1/2 cup) White Rice
(1/2 cup) Lentils, (1cup) Salad w/Dressing
(1/2 cup) Banana Pudding

Café Bistro opened from 6 am - 7 pm
American Coffee / Cuban Coffee available daily at Lunch

DINNER

(6 oz) Soup of the Day, (3 oz) Hot Dog on (1) Bun
(1/2 cup) Baked Chips, (1 cup) Salad w/Dressing
(8 oz) Milk, (1/2 cup) Peaches

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FRIDAY

CYCLE 2

BREAKFAST

(4 oz) Fruit Juice, (1/2 cup) Hot/Cold Cereal
(1) Bagel w/(1 T), Cream Cheese or
Peanut Butter (1 t), Jelly (8 oz) Milk

Fruit Juice/ American Coffee/ Cuban Coffee available daily at Breakfast

LUNCH

(3oz) Veg or Meat Lasag, (1/2 cup) Veg Medley
(1) Garlic Bread, (1 cup) Salad w/Dressing
(1/2 cup) Ice Cream

Café Bistro opened from 6 am - 7 pm
American Coffee / Cuban Coffee available daily at Lunch

DINNER

(6 oz) Soup of the Day, (3 oz) Ham Croquettes
(1/2 cup) Macaroni Salad, (1) Dinner Roll
(1 cup) Salad w/Dressing, (8 oz) Milk, (1/2 cup) Fruit

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SATURDAY

CYCLE 2

BREAKFAST

(4 oz) Fruit Juice, (1/2 cup) Hot/Cold Cereal
(2) Pancakes/French Toast, (2) Sausage Patty/Links
(1 T) Syrup, (8 oz) Milk

Fruit Juice/ American Coffee/ Cuban Coffee available daily at Breakfast

LUNCH

(3 oz) Pork Chunks (1/2 cup) Corn Pure
(1/2 cup) Ripe Plantains (1 cup) Salad w/Dressing
(1/2 cup) Gelatin

Café Bistro opened from 6 am - 7 pm
American Coffee / Cuban Coffee available daily at Lunch

DINNER

(6 oz) Soup of the Day, (1/2 cup) Yellow Rice
w/ (3 oz) Sausages, (1/2 cup) Vegetables
(1 cup) Salad w/Dressing, (8 oz) Milk, (1/2 cup) Pears

Snacks are offered Daily. Bread and Margarine is offered at Lunch and Dinner

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SUNDAY

CYCLE 2

BREAKFAST

(4 oz) Fruit Juice, (1/2 cup) Hot/Cold Cereal
(1) Scrambled Egg /Ham, (1 slice),Toast
(1t) Margarine/Jelly, (8 oz) Milk

Fruit Juice/ American Coffee/ Cuban Coffee available daily at Breakfast

LUNCH

(3 oz) Chicken Stew, (1/2 cup) White Rice
(1/2 cup) Vegetables, (1cup) Salad w/ Dressing
(1/2cup) Rice Pudding

Café Bistro opened from 6 am - 7 pm
American Coffee / Cuban Coffee available daily at Lunch

DINNER

(6 oz) Soup of the Day, (1/2 cup) Penne Pasta
Bolognesa (3 oz), Meat (1 slice) Garlic Toast
(1 cup) Salad w/Dressing, (8 oz) Milk, (1/2 cup) Pears

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