MONDAY

CYCLE 3

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) Roasted Turkey, (1/2 cup) Rice
(1/2 cup) Black Beans, (1cup) Salad w/Dressing
(1 slice) Straw Cake

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

DINNER

(6 oz) Soup of the Day, (6 oz) Breaded Fish Sticks
(1/2 cup) Potatoes, (1 T) Tartar Sauce, (1cup) 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 3

BREAKFAST

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

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

LUNCH

(1/2 cup) Fried Rice with, (3 oz) Assorted Meats
(1/2 cup) Bean Sprouts, (2) Spring Rolls
(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) Cuban Frita Patty on (1) Bun
(1/2 cup) Baked Fries, (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

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WEDNESDAY

CYCLE 3

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

(3 oz) Chicken Breast
(1/2 cup) White Rice, (1/2 cup) Red Beans
(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, (3 oz) Ground Beef
(1/2 cup) Mashed Potato, (1/2 cup) Vegetables
(1 cup) Salad w/Dressing, (8 oz) Milk, (1/2 cup) Pineapple

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

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THURSDAY

CYCLE 3

BREAKFAST

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

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

LUNCH

(3 oz) Pork Loin, (1/2 cup) Rice
(1/2 cup) White Beans
(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), (1 medium) Quesadillas
with (3 oz) Chicken, (1/2 cup) Cole Slaw
(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

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FRIDAY

CYCLE 3

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

(1/2)Campesino ricewith, (3oz)assorted Meats
(1/2 cup) Ripe Plantains, (1cup) Salad w/Dressing
(1 slice) Carrot Cake

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

DINNER

(6oz) Soup of the Day, (3oz)Salisbury Steak
(1/2cup) Rice Pilaf, (1/2 cup) Vegetables
(1cup) Salad w/Dressing, (8oz) Milk, (1/2 cup) Peaches

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

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SATURDAY

CYCLE 3

BREAKFAST

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

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

LUNCH

(3oz) Chicken Fajitas
(1/2 cup) White Rice (1/2 cup) Black Beans
(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) Glazed Ham with Pineapple
(1/2 cup) Mashed Potato, (1/2 cup) Vegetables
(1 cup) Salad w/Dressing (8 oz) Milk, (1/2 cup) Fruit Cocktail

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

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SUNDAY

CYCLE 3

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) Fish Stew, (1/2 cup) Rice, (1/2 cup) Sweet Potato
(1 cup) Salad w/Dressing, (1/2 cup) Guava Shells

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

DINNER

(6oz) Soup of the Day, (3oz) Spaghetti w/ Meat Balls
(1/2 cup) Broccoli, (1cup) Salad w/Dressing
(8oz) Milk, (1/2 cup) Gelatin

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