MONDAY

CYCLE 4

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

(1/2 cup) Imperial Rice with
(3 oz) Chicken, (1/2 cup) Ripe Plantains
(1 cup) Salad w/ Dressing, (1sl) 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, (3oz) Mixed Meats
(1/2 cup) Root Veg., (1/2 cup) Vegetables, (1 slice) Cuban Bread
(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 4

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) Baked Fries
(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, (3oz) Ham Croquettes
(1/2 cup) Macaroni Salad, (1c) Salad w/Dressing
(8oz) Milk, (1/2 cup) Fruits

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WEDNESDAY

CYCLE 4

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) Chicken Stew, (1/2 cup) White Rice
(1/2 cup) Ripe Plantain, (1 cup) Salad w/Dressing
(1/2 cup) Rice Pudding

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

DINNER

(6oz) Soup of the Day, (3oz) Meatloaf
(1/2 cup) Mashed Potato, (1/2 cup) Green Beans
(1 cup) Salad w/ Dressing, (8oz) Milk, (1/2 cup) Mandarines

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THURSDAY

CYCLE 4

BREAKFAST

(4oz) 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

(3 oz) Pork Chunks, (1/2 cup) Moro Rice
(1/2 cup) Yucca /Mojo, (1 cup) Salad w/Dressing
(1) Guava Tart

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) Baked Ziti with
(3 oz) Ricotta Cheese, (1 slice) Toasted Bread
(1 cup) Salad w/Dressing, (8 oz) Milk, (1/2 cup) Peaches

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FRIDAY

CYCLE 4

BREAKFAST

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

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

LUNCH

(3 oz) Baked Chicken, (1/2 cup) Rice
(1/2 cup) Red 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

(6oz) Soup of the Day, Cuban Sandwich, Coleslaw
(1cup) Salad w/Dressing
(8oz) Milk, (1 slice) of Cake

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SATURDAY

CYCLE 4

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

(1/2 cup) Lasagna with, (3 oz) Cheese or Meat
(1/2 cup) Vegetables, (1) Garlic Bread
(1 cup) Salad w/Dressing, (1 slice) Apple Pie

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

DINNER

(6oz) Soup of the Day, Chicken Tenders
Baked Fries, (1 cup) Salad w/Dressing
(8oz) Milk, (1/2 cup) Gelatin

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SUNDAY

CYCLE 4

BREAKFAST

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

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

LUNCH

(3oz) Fry Fish, (1/2 cup) Rice, (1/2 cup) Chix Peas
(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

(6oz) Soup of the Day, (3oz) Pull Pork on (1) Bun,
(1/2 cup) Baked Beans, (1cup)Salad w/Dressing
(8oz) Milk, (1/2 cup) Pears

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