


Southwest Social Services Programs, Inc.

Congregate Menu

January 19, 2015 – July 12, 2015

Monday Week 1	Tuesday Week 1	Wednesday Week 1	Thursday Week 1	Friday Week 1
1 c. Garbanzo Soup	1 c. Ajiaco Soup	1 c. Split Pea Soup (3 oz. Ham, 2 oz. Beans)	8 oz. Beef Stew w/ Potatoes & Vegetables	8oz. Baked Manicotti in Tomato Sauce filled with Pasta & 3oz cheese
3 oz. Roasted Chicken in 1oz. Mojo	3 oz. Ropa Vieja (Shredded Beef with 2oz. Pepper & Onion)	3 ea. Ham Croquettes		
½ c. White Rice	½ c. White Rice	½ c. White Rice	½ c. White Rice	½ c. Green Bean Almondine
½ c. Boiled Plantains	1 c. Tossed Salad 1 T. Oil & Vinegar	½ c. Mixed Vegetables Salad in Lite Mayo Dressing	1 c. Spinach Salad w/ 3 Cherry Tomatoes 1 T. Lite French Dressing	1 c. Caesar Salad 1 T Lite Caesar Dressing
1 ea. Cuban Bread	2 ea. Cuban Crackers	(4) Saltines	½ c. Pears in juice	1 ea. WW Garlic Bread 1 t. Margarine
½ c. Mandarin Oranges in juice	½ c. Peaches in juice	1 ea. Fresh Citrus Fruit in Season	½ c. Flan	1 ea. Banana
8 oz. 2% Milk	8 oz. 2% Milk	8 oz. 2% Milk	8 oz. 2% Milk	8 oz. 2% Milk


 _____ ND3396
 Signature of Registered Dietitian

December 8, 2014


 Date Signed

Southwest Social Services Programs, Inc.

Congregate Menu

January 19, 2015 – July 12, 2015

Monday Week 2	Tuesday Week 2	Wednesday Week 2	Thursday Week 2	Friday Week 2
3 – 1 oz. Meatballs in Sweet & Sour Sauce	1 c. Onion Soup	1 c. Black Bean Soup	3 oz. Meatloaf	1 c. Fabada Soup
	3- 1 oz. Strips Chicken Breast	3 oz. Pork Fricassee	1oz. Gravy	3 oz. Breaded Fish Wedge
½ c. Vegetable Fried Brown Rice	1 ea. Hard Boiled Egg in Shell	½ c. Brown Rice	½ c. Mashed Potatoes	½ c. White Rice
½ c. Oriental Blend Vegetables w/ Ginger	1 c. Romaine Lettuce w/ Parmesan Cheese	½ c. Green Bean & Onion Salad Marinated	1 c. Marinated Tomato Onion & Broccoli Salad	½ c. Oven Fried Plantains
½ c. Mixed Green Salad w/ 1 tbsp. Vinaigrette	1 T. Lite Caesar Salad Dressing		1 T. Lite Dressing	1 c. Tomato & Cucumber Salad
1 ea. Whole Wheat Roll	1 ea. Whole Wheat Roll	½ c. Arroz con Leche	1 sl. Whole Wheat Bread 1 t. Margarine	1 T. Lite Dressing
½ c. Pineapple in juice	1 ea. Fresh Pear	1 Fresh Fruit in Season	1 sl. Peach Crumb Cake	½ c. Fruited Jell-O
8 oz. 2% Milk	8 oz. 2% Milk	8 oz. 2% Milk	8 oz. 2% Milk	8 oz. 2% Milk


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Congregate Menu

January 19, 2015 – July 12, 2015

Monday Week 3	Tuesday Week 3	Wednesday Week 3	Thursday Week 3	Friday Week 3
1 c. GuizodeMaiz	3 oz. Chicken Fricassee with ½ c. Potatoes, Olives, Peppers & Onions	3 oz. Roast Pork in 1oz. Garlic Sauce	1 c. Red Bean Soup	1 c. Galician Soup
	½ c. White Rice	½ c. Congri	3 oz. Picadillo a la Guajira	3 oz. Tuna Salad
3 oz. Carne Asada	½ c. Fufu de Platano	½ c. Yuca w/ Mojo	½ c. White Rice	1 Whole Wheat Hamburger Bun
½ c. Moros y Cristianos	½ c. Spinach Salad w/ 3 Cherry Tomatoes	1 c. Lettuce, Tomato & Green Pepper	½ c. Ensalada de Col	1 c. Mixed Green Salad w/ Lite Italian Dressing
½ c. Mashed Yuca	1 tbsp Lite French Dressing			
½ c. Sweet Peas & Pearl Onions	1 ea. Whole Wheat Roll	1 T. Vinaigrette	1 ea. Guava Pastry	½ c. Natilla
½ c. Ambrosia Salad	½ c. Citrus Fruit in Juice	1 ea. Fresh Banana	½ c. Tropical Fruit in Juice	1 ea. Fresh Seasonal Fruit
8 oz. 2% Milk	8 oz. 2% Milk	8 oz. 2% Milk	8 oz. 2% Milk	8 oz. 2% Milk

Clark-Reyes RD, LD/N _____ ND3396
Signature of Registered Dietitian

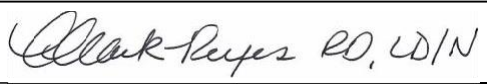
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Congregate Menu

January 19, 2015 – July 12, 2015

Monday Week 4	Tuesday Week 4	Wednesday Week 4	Thursday Week 4	Friday Week 4
1 Slice Cuban Pastelon de Carne w/ 3 oz. Ground Beef on Crust	3oz. Macitas de Puerco	Shepherd's Pie (2oz Ground beef, 1oz Cheddar Cheese & ½ c. Mashed Potatoes)	1 c. Broccoli Soup	1 c. Navy Bean & Pumpkin Soup
	½ c. Fried Plantains		3 oz. Chicken Strips in Alfredo Sauce	3 oz. Fish Croquettes with Lemon Wedge
	½ c. Congri		½ c. Noodles in Alfredo Sauce	½ c Yellow Rice w/ Mixed Vegetables
1 c. Tortilla Soup	1 c. Spinach w/ 3 Cherry Tomatoes	½ c. Tomato & Onion Salad w/ 1 T. Italian Dressing	½ c. Spinach & Cucumber Salad w/ 1 T. Lite French Dressing	1 c. Lettuce w/ 3 Cherry Tomatoes w/ 1 T. Lite Dressing
½ c. Kernel Corn	1 T. Lite Vinaigrette	1 ea. Whole Wheat Roll	1 ea. Whole Wheat Garlic Roll	1 ea. Whole Wheat Roll
½ c. Bread Pudding w/ Guava Sauce	1 ea. Whole Wheat Roll	½ c. Chocolate Pudding	1 t. Margarine	1 t. Margarine
1 Fresh Fruit in Season	½ c. Pineapple in juice	½ c. Mango Chunks	½ c. Fresh Melon	½ c. Strawberry Fruited Jell-O
8 oz. 2% Milk	8 oz. 2% Milk	8 oz. 2% Milk	8 oz. 2% Milk	8 oz. 2% Milk


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