



CITY OF WEST MIAMI

# Community Center's Weekly Lunch Menu

**Congregate:** Cycle 1 Menu: July 14, 2025 - January 11, 2026

Week 1 Effective: July 21, 2025

Monday Week 1	Tuesday Week 1	Wednesday Week 1	Thursday Week 1	Friday Week 1
3 oz. Breaded Chicken Tenders ½ c. Potatoes O'Brien ½ c. Cooked Carrots ½ c. Romaine Lettuce w/ French Dressing 1 ea. Fresh Orange 8 oz. 1% Milk	3 oz. Lomo Saltado ½ c. Red Beans & Rice ½ c. Capri Blend Vegetables 1 ea. Whole Wheat Roll 1 tsp. Margarine 1 ea. Fresh Banana 8 oz. 1% Milk	3 oz. Chicken Parmesan ½ c. Whole Grain Pasta ½ c. Marinated Tomato, Onion & Broccoli Salad ½ c. Mixed Vegetables ½ c. Plain Yogurt w/ Fresh Berries 8 oz. 1% Milk	1 c. Ajiaco Soup 3 oz. Ropa Vieja (Shredded Beef with 2oz. Pepper & Onion) ½ c. Brown Rice ½ c. Spinach w/ 3 ea. Cherry Tomato Salad 1 tsp. Lite Dressing ½ c. Pineapple Delight 8 oz. 1% Milk	1 c. Cream of Malanga Soup 3 oz. Tuna Salad ½ c. Lettuce & Tomato (¼ c. Lettuce, ¼ c. Tom.) 1 ea. WW Hamburger Bun 1 ea. Fresh Banana 8 oz. 1% Milk

Week 2 Effective: July 28, 2025

Week 2	Week 2	Week 2	Week 2	Week 2
1 c. Garbanzo Bean Soup 2 ea. Fish Croquette ½ c. White Rice ½ c. Calabaza w/ Olive Oil & Onions 1 ea. Fresh Papaya Slice 8 oz. 1% Milk	½ c. Plantain Soup 3 oz. Rosemary Roasted Chicken Leg Quarter ½ c. Brown Rice ½ c. Marinated Tomato, Broccoli, Onion Salad 1 ea. Tangerine 8 oz. 1% Milk	8 oz. Spaghetti Bolognese (3oz. Beef) w/ Mozzarella Cheese ½ c. Spinach Salad w/ 3 Grape Tomatoes 1 tsp. Light Italian Dress. 1 ea. Garlic Roll 1 ea. Fresh Orange 8 oz. 1% Milk	1 c. Red Bean Soup 3 oz. Turkey Picadillo a la Guajira ½ c. White Rice ½ c. Lettuce, Tomato & Carrot Salad 1 T. Lite Dressing 1 ea. Peach/Plum 8 oz. 1% Milk	3 oz. Enchilado de Pescado ½ c. White Rice ½ c. Boiled Boniato ½ c. Mixed Green Salad w/ Light Dressing 1 ea. Banana ½ c. Natilla w/ Cinnamon 8 oz. 1% Milk



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**Week 3 Effective: August 4<sup>th</sup>, 2025**

<b>Monday Week 3</b>	<b>Tuesday Week 3</b>	<b>Wednesday Week 3</b>	<b>Thursday Week 3</b>	<b>Friday Week 3</b>
1 c. Galician Soup (White Beans, Turnips, Cabbage & Potato) 4 oz. Chicken Fricassee w/ Potatoes, Olives, Pepper & Onions ½ c. White Rice ½ c. Fried Plantains ½ c. Applesauce 8 oz. 1% Milk	½ c. Red Bean Soup 3 oz. Shredded Roast Pork (mojo on the side) ½ c. White Rice ½ c. Yuca w/ Mojo 1 ea. Orange 8 oz. 1% Milk	4 oz. Carne con Papas ½ c. Brown Rice 1 c. Lettuce, Tomato & Carrot Salad 1 tsp. French Dressing ¾ oz. Plantain Chips 4 oz. Yogurt w/ Berries 8 oz. 1% Milk	7 oz. Imperial Rice (2 ½ oz. Shredded chicken. ½ oz. Mozzarella Cheese (send separate) & ½ c. Yellow Rice) ½ c. Boiled Calabaza 1 c. Spring & Cucumber Salad w/ 1 T. Italian Dressing 1 ea. Fresh Pear 8 oz. 1% Milk	¾ c. Tamal en Cazuela 3 oz. Picadillo a la Guajira ½ c. Fried Plantains ½ c. Green Bean & Onion Salad 1 ea. Guava Pastry 8 oz. 1% Milk

**Week 4 Effective: July 14, 2025**

<b>Week 4</b>	<b>Week 4</b>	<b>Week 4</b>	<b>Week 4</b>	<b>Week 4</b>
1 c. Black Bean Soup 3 oz. Pork Chop w/ 1oz. Sliced Onion ½ c. Brown Rice ½ c. Spinach Salad w/ French Dressing 1 ea. Fresh Orange 8oz. 1% Milk	3 oz. Pepper Steak 1 c. Oriental Rice w/ Vegetables ½ c. Oriental Blend Vegetables 1 ea. Banana 8 oz. 1% Milk	3 oz. BBQ Chicken Leg Quarter ½ c. Mashed Potato w/ Skin ½ c. California Blend Vegetables ½ c. Arroz con Leche 8 oz. 1% Milk	7 oz. Meat Lasagna (2oz Ground beef, 1oz Mozzarella Cheese & ½ c. Pasta w/ Tom. Sauce) ½ c. Garlic & Herb Roast Carrots ½ c. Caesar Salad w/ Dressing 1 ea. WW Garlic Roll ½ c. Grapes 8 oz. 1% Milk	1 c. Lentil Soup 1 ea. Aji Relleno (3oz. Ground Beef, ½ c. Green Pepper) ½ c. White Rice ½ c. Fried Boniato 1 ea. Fresh Apple 8 oz. 1% Milk