



City of West Miami
Congregate Cycle 1 Menu – January 15, 2024 – July 14, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Week 1	Week 1	Week 1	Week 1
1 c. Black Bean Soup 3 oz. Boliche in Sauce ½ c. White Rice ½ c. Mixed Green Salad (Lettuce & Tomato) 1 T. Lite Thousand Island Dressing ½ c. Fruit Mix in Juice 8 oz. 1% Milk	1 c. Galician Soup (White Bean w/ ½ c. Turnips, Cabbage, and Potato) 3 oz. Chicken Shredded Fricassee w/ Potatoes, Olives, Peppers & Onions ½ c. Brown Rice ½ c. Mixed Green Salad 1 t. Lite Thousand Island Dressing ½ c. Fruited Yogurt 8 oz. 1% Milk	1 c. Red Bean Soup w/ Potato, Pumpkin & Green Pepper (In Soup) 3 oz. Ground Turkey Picadillo ½ c. White Rice ½ c. Seasoned Seamed Carrots 1 ea. Fresh Orange 8 oz. 1% Milk	7 oz. Arroz (Brown) con Pollo ½ c. Oven Fried Plantains ½ c. Mixed Vegetable Salad 1 sl. Fresh Banana 8 oz. 1% Milk	8 oz. Tambor de Papa (3 oz. Ground Beef, 5 oz. Mashed Potatoes) ½ c. Peas & Carrots 1 ea. Fresh Fruit in Season 1 ea. Dinner Roll 8 oz. 1% Milk
Week 2	Week 2	Week 2	Week 2	Week 2
¾ c. Chicken Noodle Soup 3 oz. Shredded Pork ½ Mashed Potatoes ½ c. Steamed Broccoli 1 ea. Fresh Tangerine 8 oz. 1% Milk	4 oz. Ropa Vieja 1 c. Congri (½ c. Brown Rice & ½ c. Red Beans) ½ c. Spinach Salad w/ Cherry Tomatoes 1 T. Lite Salad Dressing ½ c. Pears in Juice 8 oz. 1% Milk	3 oz. Roasted Shredded Chicken w/ Gravy ½ c. Mashed Potatoes ½ c. Carrots & Steamed Broccoli 1 ea. Fresh Apple 1 ea. Corn Muffin 8 oz. 1% Milk	3 oz. Beef Fricassee ½ c. Tamale n Cazuela ½ c. Mixed Green Salad 1 T. Lite Dressing 1 ea. Fresh Banana 8 oz. 1% Milk	8 oz. Chicken Fettuccine Alfredo (½ c. Pasta, 4 oz. Chicken) ½ c. Mixed Italian Vegetables 1 Cup Caesar Salad 1 T. Lite Caesar



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Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	Week 3	Week 3	Week 3	Week 3
1 c. Garbanzo Soup 3 oz. Breaded Chicken Tenders ½ c. Brown Rice ½ c. Spinach Salad w/ 2 Cherry Tomatoes 1 T. Lite Dressing ½ c. Fruited Yogurt 8 oz. 1% Milk	4 oz. Pepper Steak ½ c. Brown Rice ½ c. Caesar Salad 1 T. Lite Dressing ½ c. Boniato 1 ea. Fresh Tangerine 1 ea. WW Dinner Roll 8 oz. 1% Milk	1 c. Vegetable Soup 10 oz. Beef Lasagna w/ Lite Tomato Sauce & Cheese 1 ea. Fresh Apple 1 ea. WW Garlic Dinner Roll 8 oz. 1% Milk	5 oz. Prok Fricassee 6 oz. Tamel en Cazuela 4 oz. Marinated Green Beans 4 oz. Fruited Jello 8 oz. 1% Milk	1 c. Lentil Soup 4 oz. Tuna Salad ½ c. Lettuce & Tomato Slices 1 ea. WW Hamburger Bun ½ c. Grapes 8 oz. 1% Milk

Week 4	Week 4	Week 4	Week 4	Week 4
3 oz. Meatloaf w/ 1 oz. Lite Gravy ½ c. Mashed Potatoes ½ c. Green Beans ½ c. Arroz con Leche ½ c. Mandarin Oranges in Juice 8 oz. 1% Milk	1 c. Lentil Soup 1 ea. (4 oz.) Chicken Cordon Bleu ½ c. Yellow Rice ½ c. Steamed Carrots ½ c. Pineapple Delight 8 oz. 1% Milk	¾ c. Chicken Noodle Soup 3 oz. Shredded Chicken w/ Lite Mojo ½ c. White Rice ½ c. Boiled Pumpkin with Onion & Olive Oil ½ c. Fresh Banana 8 oz. 1% Milk	3 – 1 oz. Meatballs w/ ½ c. WW Spaghetti ½ c. String Beans w/ Garlic & Pepper ½ c. Tossed Salad w/ 1 T. Lite Dressing ½ c. Fruit Mix 1 ea. WW Garlic Roll 8 oz. 1% Milk	¾ c. Black Bean Soup 3 oz. Oven Fried Pork Chunks w/ onions ½ c. White Rice ½ c. Oven Fried Plantains 1 ea. Orange 8 oz. 1% Milk