

Kosher Home Delivered Meals (No Red Meat) CII July 01, 2010-December 31, 2010

JEWISH COMMUNITY SERVICES OF SOUTH FLORIDA, INC. Kosher Home Delivered Meals (No Red Meat) CII						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	WEEK 1	WEEK 1	WEEK 1	WEEK 1	WEEK 1	WEEK 1
3 oz. Roasted Lemon Pepper Chicken Quarter ½ c. Kasha & Bow Ties ½ c. Capri Blend Vegetables 1 sl Whole Wheat Bread w/ Marg. 4 oz. Fruit Juice	Turkey Meatballs w/ Gravy (3 oz Turkey Meatballs, 2oz Gravy) ½ c Spaghetti ½ c Italian Blend Vegetables 4 oz Fruit Juice 1 sl Whole Wheat Bread w/ Marg	3 oz. Sweet and Sour Fish ½ c Brown Rice w/ Vegetables ½ c Green Beans 1 sl. Whole Wheat Bread w/ Marg. 4 oz. Fruit Juice	6 oz. Baked Ziti ½ c Tomato sauce ½ c Italian Blend Vegetables 4 oz Fruit Juice 1 sl Whole Wheat Bread w/ Marg	7 oz. Arroz con Pollo (3 oz. Chicken, ½ c. Yellow Rice) ½ c. Carrots 1 sl. Whole Wheat Bread w/ Marg. 4 oz. Fruit Juice	3 oz. Turkey w/ Gravy ½ c Brown Rice ½ c. Succotash 1 sl. Whole Wheat Bread w/ Marg. 4 oz. Fruit Juice	4 oz. Herb Roasted Fish Fillet ½ c. Roasted Potatoes ½ c. Green Beans 4 oz. Fruit Juice 1 sl. Whole Wheat Bread w/ Marg
WEEK 2	WEEK 2	WEEK 2	WEEK 2	WEEK 2	WEEK 2	WEEK 2
3 oz. Pollo Criollo (with mojo sauce) ½ c. White Rice ½ c. Carrots 1 sl. Whole Wheat Bread w/ Marg. 4 oz. Fruit Juice	9 oz. Penne Pasta w/ Cheese (2 oz. sauce, 5 oz. Pasta, 2 oz. Cheese) ½ c. Italian Blend Vegetables 1 sl. Whole Wheat Bread w/ Marg. 4 oz. Fruit Juice	4 oz Citrus Glazed Baked Tilapia ½ c Sweet Potato Soufflé ½ c Zucchini 4 oz Fruit Juice 2 sl. Whole Wheat Bread w/ Marg.	3 oz. Baked Breaded Chicken ½ c. Brown Rice ½ c. Carrots 4 oz. Fruit Juice 1 sl. Whole Wheat Bread w/ Marg.	3 oz Eggplant Parmigiana ½ c Tomato sauce ½ c Penne Pasta 4 oz Fruit Juice 1 sl. Whole Wheat Bread w/ Marg.	3 oz Chicken Fricassee, 1 oz Sauce, 2 oz Potato 1 c. Green Peas, Carrots and Peppers ½ c Yellow Rice 1 sl. Whole Wheat Bread w/ Marg. 4 oz. Fruit Juice	3 oz. Fish Fillet w/ Lemon and Caper Sauce ½ c. Yellow Rice ½ c. Succotash 1 sl. Whole Wheat Bread w/ Marg. 4 oz. Fruit Juice
WEEK 3	WEEK 3	WEEK 3	WEEK 3	WEEK 3	WEEK 3	WEEK 3
3 oz Herb Roasted Chicken w/ Citrus Glaze ½ c Red Bliss Potatoes ½ c Mixed Vegetables 4 oz Fruit Juice 1 sl. Whole Wheat Bread w/ Marg	3 oz. Stuffed Shells ½ c Tomato sauce ½ c Italian Blend Vegetables 4 oz Fruit Juice 1 sl. Whole Wheat Bread w/ Marg	3 oz Breaded Fish 1 ea. Sweet Potato Patty 1 c. California Blend Vegetables 1 sl. Whole Wheat Bread w/ Marg. 4 oz. Fruit Juice	3 oz. Turkey Balls w/ Gravy ½ c. Parsley Potatoes ½ c. Peas and Carrots 4 oz. Fruit Juice 1 sl. Whole Wheat Bread w/ Marg	3 oz. Fish Fillet in fish ½ c. Onion, Green Pepper, Tomato ½ c. Mixed Vegetables ½ c. White Rice 4 oz Fruit Juice 1 sl Whole Wheat Bread	Chicken Hot Dogs (2 oz Chicken Franks) ½ c Macaroni & 2 oz. Tomato Sauce ½ c Kidney Beans w/ Mixed Vegetables 4 oz Fruit Juice 1 sl Whole Wheat Bread w/ Marg	3 oz. Stewed Turkey (with ½ c. Potato, Onion, Pepper, & Tomato) ½ c. Sweet Corn ½ c. Diced Potato 4 oz. Fruit Juice 1 sl. Whole Wheat Bread w/ Marg.
WEEK 4	WEEK 4	WEEK 4	WEEK 4	WEEK 4	WEEK 4	WEEK 4
3 oz. Chicken in Tomato Sauce ½ c. Diced Sweet Potato ½ c. Cauliflower and Carrots 4 oz. Fruit Juice 1 sl. Whole Wheat Bread w/ Marg.	3 oz Baked Tilapia ½ c Noodles w/ White Sauce ½ c Zucchini & Red Peppers 4 oz Fruit Juice 2 sl. Whole Wheat Bread w/ Marg.	3 oz. Fish Nuggets ½ c. Pasta w/ Tomato Sauce ¾ c. Eggplant and Tomato 4 oz. Fruit Juice 1 sl. Whole Wheat Bread w/ Marg.	3 oz. Chicken Balls ½ c Mashed Potatoes w/ Gravy ½ c Oriental Vegetables 4 oz Fruit Juice 1 sl Whole Wheat Bread w/ Marg	3 oz. BBQ Chicken Thigh ½ c. Yellow Rice ½ c. Green Peas 4 oz. Fruit Juice 1 sl. Whole Wheat Bread w/ Marg.	4 oz. Broiled Fish w/ ½ c. Onion, Green Pepper, Tomato & Potato ½ c. Brown Rice ½ c. Mixed Vegetables 1 sl. Whole Wheat Bread w/ Marg. 4 oz. Fruit Juice	8 oz. Vegetable Lasagna ½ c Capri Blend Vegetables 1 pc Whole Wheat Bread w/ Marg. 4 oz Fruit Juice

Meals provide a minimum of 1/3 RDA for 70+Female. Meal Pattern Requirements are as follows: Meat or Meat Alternative: 3 oz Cooked Edible Portion; Vegetables and/or Fruit: 2 ½ c serving; Bread or Bread Alternate: 2 Serving; Butter or Fortified Margarine: 1 teaspoon; Dessert: ½ c. Non-Fat Milk: Five (5)/Seven (7) cup fluid equivalent of powdered non-fat milk is delivered with the meals. All juice is 100% juice. Project Title: JCS Kosher No Red Meat HDM C2. Director Ellie Shapiro. Prepared 04/28/10 by Peggy O'Neill MS, RD, LD/N # ND4490 for 07/01/10-12/31/10

ND 4490  04/28/10
Registered Dietitian Name and Date signed

Approved By: _____
Signature of Program Registered Dietitian

Licensure Number