


JEWISH COMMUNITY SERVICES OF SOUTH FLORIDA, INC. Kosher Puree HDM CII

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	WEEK 1	WEEK 1	WEEK 1	WEEK 1	WEEK 1	WEEK 1
Turkey Meatballs w/ Noodles in Marinara Sauce (3 oz meatballs, 4 oz Pasta, ¼ c. marinara sauce) ½ c. Italian Blend Vegetables 4 oz. Fruit Juice 1 pc. Whole Wheat Bread w/ Marg.	3 oz. Baked Breaded Chicken ½ c. Brown Rice ½ c. Green Peas & Carrots 4 oz. Fruit Juice 1 sl. Whole Wheat Bread w/ Marg	3 oz Breaded Fish 1 ea. Sweet Potato Patty ½ c. California Blend Vegetables 1 sl. Whole Wheat Bread w/ Marg. 4 oz. Fruit Juice	3 oz. Chicken Piccata ½ c. Mashed Potatoes ½ c. Green Beans 4 oz. Fruit Juice 2 sl. Whole Wheat Bread w/ Marg.	8 oz Carne con papas (Beef Stew with Vegetables (3 oz. Beef, 1 oz. Sauce, 1 oz. diced potatoes, 4 oz. Vegetables) ½ c Vegetables in Stew ½ c Green Beans ½ c Rice 1 sl. Whole Wheat Bread w/ Marg. 4 oz. Fruit Juice	3 oz. Citrus Glazed Fish Fillet ½ c. Herb Roasted Potatoes ½ c. Green Beans 4 oz. Fruit Juice 1 sl. Whole Wheat Bread w/ Marg.	3 oz. Roasted Beef Brisket ½ c. Mashed Sweet Potato 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
Beef-A-Roni (3 oz. Ground Beef, 4 oz. Macaroni) ½ c. Zucchini 4 oz. Fruit Juice 2 pc. Whole Wheat Bread w/ Marg.	3 oz. Fish Fillet ½ c. Onion, Green Pepper, Tomato in fish ½ c. Green Peas ½ c. White Rice 4 oz. Fruit Juice 1 sl. Whole Wheat Bread w/ Marg	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	3 oz. Shredded Beef ½ c. White Rice ½ c. Lentils ½ c. Green Pepper & Onions for Shredded Beef 4 oz. Fruit Juice 1 sl. Whole Wheat Bread w/ Marg	8 oz Chicken Stir Fry (3 oz Chicken, 1 oz Sauce, 4 oz Oriental Vegetables) ½ c Brown Rice ½ c. Oriental Vegetables in Stir-Fry 1 sl. Whole Wheat Bread w/ Marg. 4 oz. Fruit Juice	3 oz. Fish Nuggets ½ c. Pasta ½ c. Cauliflower and Red Peppers 1 sl. Whole Wheat Bread w/ Marg. 4 oz. Fruit Juice	3 oz Roasted Lemon Pepper Chicken Quarter ½ c Kasha & Bow Ties ½ c Green Beans 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. BBQ Chicken Quarter ½ c. Mashed Potatoes ½ c. Peas and Carrots 4 oz. Fruit Juice 2 sl. Whole Wheat Bread w/ Marg.	3 oz. Beef Stroganoff ½ c. Noodles ½ c. Zucchini & Red Peppers 4 oz. Fruit Juice 1 pc. Whole Wheat Bread w/ Marg.	3 oz. Broiled Fish w/ ½ c. Onion, Green Pepper, Tomato & Potato ½ c. Yellow Rice ½ c. Zucchini 2 sl. Whole Wheat Bread w/ Marg. 4 oz. Fruit Juice	3 oz. Chicken in Tomato Sauce ½ c. Mashed Potato ½ c. Italian Vegetables 4 oz. Fruit Juice 1 sl. Whole Wheat Bread w/ Marg.	8 oz. Beef Stew w/ Vegetables ½ c. Mixed Vegetables ½ c. Vegetables in stew ½ c. Red Bliss Potatoes 4 oz. Fruit Juice 1 pc. 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. Baked Tilapia ½ c. Brown Rice ½ c. Zucchini & Peppers 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. Fish Fillet w/ Lemon and Capers Sauce ½ c. Yellow Rice ½ c. Carrots 1 sl. Whole Wheat Bread w/ Marg. 4 oz. Fruit Juice	3 oz. Rosemary Chicken Quarter ½ c. Yellow Rice ½ c. Garbanzo Beans 4 oz. Fruit Juice 1 pc. Whole Wheat Bread w/ Marg.	3 oz. Turkey Balls w/ Gravy ½ c. Parsley Potatoes ½ c. Mixed Vegetables 4 oz. Fruit Juice 1 pc. Whole Wheat Bread w/ Marg.	Beef Hot Dogs (3 oz. Beef Franks) 4 oz. Macaroni & 2 oz. Tomato Sauce ½ c. Mixed Vegetables 4 oz. Fruit Juice 1 pc. Whole Wheat Bread w/ Marg.	3 oz. Ropa Vieja (Shredded Beef) ½ c Congri (White Rice and Black Beans mixed) ½ c. Succotash (Lima Beans, Corn, & Tomatoes) 1 sl Whole Wheat Bread w/ Marg. 4 oz. Fruit Juice	3 oz. Tilapia Filet with Sauce ½ c Parsley Noodles 1 c Carrots 1 sl. Whole Wheat Bread w/ Marg. 4 oz. Fruit Juice.	3 oz. Salisbury Steak w/ 2 oz. Gravy ½ c. Sweet Potato Soufflé ½ c. Green Beans 4 oz. Fruit Juice 1 pc. Whole Wheat Bread w/ Marg.
WEEK 5	WEEK 5	WEEK 5	WEEK 5	WEEK 5	WEEK 5	WEEK 5
3 oz. Herb Roasted Chicken w/ Citrus Glaze ½ c. Noodles w/ White Sauce ½ c. Carrots 4 oz. Fruit Juice 1 sl. Whole Wheat Bread w/ Marg.	Baked Ziti w/ Marinara Sauce (3 oz. Beef, 4 oz. Pasta, ¼ c. Marinara Sauce) ½ c. Green Peas 4 oz. Fruit Juice 1 pc. 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	Turkey Meatballs w/ Gravy (3 oz. Turkey Meatballs, 2 oz. Gravy) ½ c. Noodles w/White Sauce ½ c. Italian Blend Vegetables 4 oz. Fruit Juice 1 pc. Whole Wheat Bread w/ Marg	3 oz. Rosemary Chicken Quarter ½ c. Diced Sweet Potato ½ c. Sweet Corn 4 oz. Fruit Juice 2 pc. Whole Wheat Bread w/ Marg.	3 oz. Herb Roasted Beef w/ Gravy ½ c. White Rice ½ c. Black Beans 4 oz. Fruit Juice 1 sl. Whole Wheat Bread w/ Marg.	3 oz. Tilapia Florentine ½ c. Whipped Potatoes ½ c. California Blend Vegetables 4 oz. Fruit Juice 1 pc. Whole Wheat Bread w/ Marg.
WEEK 6	WEEK 6	WEEK 6	WEEK 6	WEEK 6	WEEK 6	WEEK 6
3 oz. Meatloaf w/ Gravy ½ c. Green Peas ½ c. Mashed Potatoes 4 oz. Fruit Juice 1 pc. Whole Wheat Bread w/ Marg	3 oz Picadillo (Ground Beef) w/garlic, onion, potato ½ c. White Rice ½ c Black Beans 1 ea. Whole Wheat Bread w/ Marg. 4 oz. Fruit Juice	9 oz Penne Pasta (3 oz Meat Sauce, 6 oz Pasta) ½ c Italian Blend Vegetables 1 sl. Whole Wheat Bread w/ Marg. 4 oz. Fruit Juice	3 oz. Citrus Glazed Baked Tilapia ½ c. Diced Sweet Potatoes ½ c. Mixed Vegetables 2 sl. Whole Wheat Bread w/ Marg. 4 oz. Fruit Juice	Meatballs w/ Noodles in Marinara Sauce (3 oz. Meatballs, 4 oz. Pasta, ¼ c. Marinara Sauce) ½ c. Mixed Vegetables 4 oz. Fruit Juice 1 sl. Whole Wheat Bread w/ Marg	3 oz Roasted Lemon Pepper Chicken Thigh ½ c Kasha & Bow Ties ½ c Succotash (Corn, Lima Beans, Tomatoes) 1 sl. Whole Wheat Bread w/ Marg. 4 oz. Fruit Juice	4 oz. Herb Roasted Fish Fillet ½ c. Roasted Potatoes ½ c. Carrots 4 oz. Fruit Juice 1 pc. Whole Wheat Bread w/ Marg.

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 Alternative: 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 C2. Director: Ellie Shapiro. Prepared 04/23/10 by Peggy O' Neill MS, RD, LD/N # ND4490 for 07/01/2010-12/31/2010. Peggy O' Neill

Approved By: _____
Signature of Program Registered Dietitian

Licensure Number

ND4490 _____  _____ 04/23/10
Registered Dietitian Name and Date Signed