

# Memory & Wellness Center

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>2 oz Ropa Viejo</b> <b>½ cup Black Beans</b> <b>¼ cup Tostones (Plantains)</b> <b>1oz Rice</b>	<b>2oz Breaded Chicken Patty</b> <b>½ oz Green Peas</b> <b>1oz Cuban Bread</b> <b>¼ cup Apple slices</b>	<b>2oz Picadillo</b> <b>1oz Rice</b> <b>½ cup Red Beans</b> <b>¼ cup Fruit cocktail</b>	<b>2oz Spaghetti with meat sauce</b> <b>1/c cup Salad</b> <b>¼ cup Steamed Baby Carrots</b> <b>1oz Spaghetti (in entrée)</b>	<b>2oz Chicken with Yellow Rice</b> <b>¼ cup Mixed Vegetable</b> <b>¼ cup Pears</b> <b>1oz Rice (in entrée)</b>
<b>2oz Roast Turkey</b> <b>½ cup Green Peas</b> <b>¼ cup Black Beans</b> <b>1oz Rice</b>	<b>2oz Breaded Fish Fillet</b> <b>½ cup Salad</b> <b>¼ cup Steamed Baby Carrots</b> <b>1oz warm soft Roll</b>	<b>2oz Hamburger w/bun</b> <b>½ cup oven fried Potatoes</b> <b>¼ cup Pears</b>	<b>2oz Baked Chicken</b> <b>½ cup Sweet Plantains</b> <b>¼ cup Peaches</b> <b>1oz Cuban Bread</b>	<b>2oz Picadillo</b> <b>½ cup Yucca</b> <b>¼ cup Mixed Vegetables</b> <b>1oz Congri (Rice with beans)</b>
<b>2oz Chicken Fricassee</b> <b>½ cup Mashed Potatoes</b> <b>¼ cup Broccoli Florets</b> <b>1oz 100% whole grain bread</b>	<b>2oz Black Beans</b> <b>½ cup Sweet Plantains</b> <b>¼ cup Applesauce</b> <b>1oz Rice</b>	<b>2oz Picadillo</b> <b>1oz Brown Rice</b> <b>½ cup Corn</b> <b>¼ cup Seasonal Fresh Fruit</b>	<b>2oz Beefaroni</b> <b>1/2 cup Mixed Vegetables</b> <b>¼ cup Mandarins</b> <b>1oz Macaroni (in entrée)</b>	<b>2oz Chicken w/Yellow Rice</b> <b>½ cup Salad</b> <b>¼ cup Yuca</b> <b>1oz Rice (in entrée)</b>
<b>2oz Roasted Chicken</b> <b>¼ cup Peas and Carrots</b> <b>¼ cup Pears</b> <b>1oz Rice (with black beans mixed in)</b>	<b>2oz Chicken Nuggets</b> <b>1oz 100% Whole Grain Bread</b> <b>½ cup Steamed Broccoli</b> <b>¼ cup Applesauce</b>	<b>2oz Hamburger w/ Bun</b> <b>½ cup Green Beans</b> <b>¼ cup Seasonal Fresh Fruit</b>	<b>2oz Chicken Fricassee</b> <b>½ cup Roasted New Potatoes</b> <b>¼ cup Red Beans</b> <b>1oz Brown Rice</b>	<b>2oz Breaded Fish</b> <b>½ cup Salad</b> <b>¼ cup Steamed Baby Carrots</b> <b>1oz Macaroni and Cheese</b>