

MONDAY's Entrees 1-15-2018

1 "JERK" JAMAICAN GRILLED MASITAS **not spicy hot*
W/ breast of chicken & onions
(Masitas de pechuga de pollo Jamaicanas a la plancha con cebollitas NO PICA)

Srvg:6ozCals:212 Fat:7Carbs:2 Sodium:177Protein:37

2 SPAGUETTI AND TURKEY MEATBALLS
(Espaguetti con albondiguillas de pavo)

Srvg:10oz Cals:295 Fat:8 Carbs:28 Sodium:435 Protein:18

Xtra entree
* \$4.35
Xtra side
* \$2.19

Entree	Side 1	Side 2	Side 3	*Xtras

TUESDAY's Entrees 1-16-2018

3 PEPPERONATA grilled breast of chicken morsels topped with a red roasted pepper sauce
(Masitas a la plancha cubiertas con salsa Peperonata cremosa ligera de pimientos morrones)

Srvg:6ozCals:180Fat:9 Carbs:2g Sodium:471 Protein37

4 "ARROZ CON PESCADO" Spanish style yellow rice & tilapia
(Arroz amarillo con tilapia a la Española)

Srvg:10ozCals:295 Fat:8 Carbs:28Sodium:462 Protein:18

w/brown rice

Entree	Side 1	Side 2	Side 3	*Xtras

Eat healthy, feel GREAT! ★ You can replace any entree with #11 Turkey picadillo or #12 Grilled masitas

WEDNESDAY's Entrees 1-17-2018

5 GRILLED TURKEY PICADILLO CRIOLLO
(Picadillo criollo de pavo a la plancha)

Srvg:6ozCals:220 Fat:7Carbs:2 Sodium:233Protein:34

6 "ROPA VIEJA" Shredded breast of chicken
(Ropa Vieja de pechuga de pollo)

Srvg:7oz Cals:197 Fat:6 Carbs:6 Sodium:495 Protein:23

Entree	Side 1	Side 2	Side 3	*Xtras

THURSDAY's Entrees 1-18-2018

7 PAVOCHON Oven baked Cuban style shredded breast of turkey with a light mojo
(Pavochon, pechuga de pavo al horno c/mojo ligero)

Srvg:6ozCals:235 Fat:6 Carbs:0 Sodium:659 Protein:34

8 JUMBO PESTO CHEESE RAVIOLIS
Topped with a fresh basil pesto & parm
(Raviolis de queso cubierto con salsa de albahaca pesto y parmesano)

Srvg:8oz Cals:191Fat:10Carbs:53 Sodium:285 Protein5

Entree	Side 1	Side 2	Side 3	*Xtras

FRIDAY's Entrees 1-19-2018

9 CHICKEN CACCIATORE w/breast of chicken morsels, onions, celery, green pepper, crushed tomatoes
(Cacciatore de pechuga de pollo, cebollitas, ajies, tomates)

Srvg:8ozCals:205 Fat:7 Carbs:11 Sodium:463 Protein: 29

10 "CUBAN NEST" Turkey Frica-Pica over malanga puree
(Nido Cubano, fricasse de picadillo de pavo sobre pure de malanga)

Srvg:10ozCals:398Fat:15Carbs:35 Sodium:390 Protein:16

*Conditions apply

Entree	Side 1	Side 2	Side 3	*Xtras

2017-2-WEB

SIDES FOR THIS WEEK: Choose three (3) p/person

Cut off for Monday delivery is 12 pm Saturday

- 20. CHICKEN NOODLE SOUP** (Sopa de pollo) Cals: 75- 12oz
- 21. CREAM OF SPINACH** (Crema de espinaca) Cals: 85- 8oz
- 22. BLACK BEAN SOUP** (Frijoles negros) Cals: 174- 8oz
- 23. RICE** (Arroz) Cals: 210- 8oz

- 24. BROWN RICE** (Arroz integral) Cals: 190-8oz
- 25. MOROS brown rice & black beans** (Moros con arroz integral) Cals: 210- 8oz
- 26. STEAMED YUCA w/light mojo** (Yuca al vapor c/mojo ligero) Cals: 165-6oz
- 27. SWEET POTATO PUREE** (Pure de boniato amarillo) Cals: 110-6oz

- 28. GRILLED GREEN BEANS** (Habicuclas a la plancha)
- 29. PICO DE GALLO**, tomato, cilantro, garlic, o.oil Cals: 50-4oz
(Ensa de tomates con cilantro, ajo, a.oliva) Cals:50-4oz
- 30. CHOCOLATE CREME RICOTTA** (Crema de ricotta de chocolate) Cals: 145 -4oz
(7g protein)
- 31. RUM RAISIN MOUSSE** (Mouse Ron y Pasitas) Cals: 115-4oz
(Low Fat No sugar added)