

**MONDAY's Entrees** 12-10-2018

**1** "CREAMY" CILANTRO MASITAS grilled breast of chicken masitas topped w/sauce (Masitas de pechuga de pollo cubiertas en salsa cremosa ligera de cilantro)

Srvg:8 oz Cals:296Fat:12 Carbs:2 Sodium:267 Prot:40

**2** w/brown rice  
"ARROZ CON POLLO" Yellow rice and breast of chicken (Arroz con Pollo con arroz integral)

Srvg:10oz Cals:307Fat:8Carbs:42Sodium:697Prot:16

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

Entree	Side 1	Side 2	Side 3	*Xtras

**TUESDAY's Entrees** 12-11-2018

**3** TURKEY PICADILLO WITH GARBANZOS MARINARA (Picadillo de pavo Italiano Marinara con garbanzos)

Srvg:8 oz Cals:295Fat:9 Carbs:15 Sodium:445 Prot:18

**4** JUMBO CHEESE RAVIOLI Topped with pink sauce & parm (Raviolis de queso cubierto con salsa cremosa ligera rosada y parmesano)

Srvg:8 oz Cals:204Fat:10 Carbs:53 Sodium:494 Prot:2

Entree	Side 1	Side 2	Side 3	*Xtras

**\* WE USE WHITE MEATS ONLY \*** You can replace any entree with #11 Turkey Picadillo or #12 Masitas

**WEDNESDAY's Entrees** 12-12-2018

**5** CURRIED GRILLED BREAST OF CHICKEN MASITAS with grilled onions (Masitas de pechuga de pollo al Curry con cebollitas a la plancha)

Srvg:6 oz Cals:212Fat:7 Carbs: 2 Sodium:177 Prot:37

**6** w/brown rice  
MILANESE RICE & CHICKEN topped w/marinara sauce and parm (Arroz con pollo Milanese, cubierto con salsa marinara y queso parmesano)

Srvg:10oz Cals:339Fat:10 Carbs:44 Sodium:452 Prot:20

Entree	Side 1	Side 2	Side 3	*Xtras

**THURSDAY's Entrees** 12-13-2018

**7** MASITAS CRIOLLAS grilled breast of chicken morsels (Masitas de pechuga de pollo a la plancha)

Srvg:6oz Cals:212 Fat:7 Carbs:0 Sodium:233 Prot:37

**8** w/whole wheat pasta  
"CREAMY" BASIL PESTO CHICKEN OVER PENNE PASTA (Macarrones integrales con pollo al pesto cremoso ligero)

Srvg:10 oz Cals:408Fat:14 Carbs:35 Sodium:497 Prot:25

Entree	Side 1	Side 2	Side 3	*Xtras

**FRIDAY's Entrees** 12-14-2018

**9** "VACA FRITA" shredded grilled breast of chicken ("Vaca Frita" de pechuga de pollo a la plancha)

Srvg:5ozCals:216 Fat:10 Carbs:0Sodium:298 Prot:25

**10** ITALIAN TURKEY MEATBALLS in a marinara sauce topped with parmesan (Albondigas de pavo a la Italiana en salsa marinara)

Srvg:10 oz Cals:295Fat:9 Carbs:8 Sodium:485 Prot:25

Entree	Side 1	Side 2	Side 3	*Xtras

2018-4-WEB

**SIDES FOR THIS WEEK: Choose three (3) per person**

**Cut off for Monday delivery is 12 pm Saturday**

**20. CREAM OF TOMATO**

(Crema de tomates) **Cals: 98 8oz**

**21. GARBANZOS**

(Potaje de garbanzos) **Cals: 195 - 8oz**

**22. LENTIL SOUP**

(Potaje de lentejas) **Cals: 75 - 8oz**

**23. RICE (Arroz)**

**Cals: 190 - 8oz**

**24. BROWN RICE (Arroz integral)**

**Cals: 190- 8oz**

**25. MOROS brown rice & black beans**

(Moros con arroz integral) **Cals: 210 -8oz**

**26. SWEET POTATO PUREE**

(Pure de boniato amarillo) **Cals: 110 - 6oz**

**27. MASHED PLANTAIN "FUFU"**

(Fufu de platano majado) **Cals: 95- 4 oz**

**28. DICED TOMATO SALAD**

(Ensalada de tomate picadito) **Cals: 50 -4oz**

**29. GRILLED MIX VEGETABLES**

(Vegetales a la plancha) **Cals: 75- 4oz**

**30. FRENCH VANILLA MOUSSE**

(Mousse de Vainilla) **Cals: 90 - 4oz**

**31. CREAMY ORANGE MOUSSE**

(Mousse de naranja) **Cals: 95-4oz**

\*We reserve the right to changes in menu without prior notice