

MONDAY's Entrees 1-14-2019

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 1-15-2019

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 *** *Keto* You can replace any entree with #11 Turkey Picadillo or #12 Masitas

WEDNESDAY's Entrees 1-16-2019

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 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

THURSDAY's Entrees 1-17-2019

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

w/whole wheat pasta
8 "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 1-18-2019

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 BBQ TURKEY PICADILLO & BROWN RICE "MIX"
**has cilantro*
*(Salteado de Picadillo de pavo y arroz integral con salsa BBQ) *tiene cilantro*
Srvg:10oz Cals:325Fat:10 Carbs:35 Sodium:495 Prot:18

Entree	Side 1	Side 2	Side 3	*Xtras

2019-4-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. STEAMED CALABAZA** with a ligh mojo (Calabaza al vapor, con mojo ligero) **Cals: 80- 6oz**

- K28. DICED TOMATO SALAD** *w/ onions, garlic & O.oil* **Cals: 50 -4oz**
- K29. GRILLED MIX VEGETABLES** (Vegetales a la plancha) **Cals: 75- 4oz**
- 30. COCONUT MOUSSE** (Mousse de Coco) **Cals: 90 - 4oz**
- K31. CHOCOLATE CREME RICOTTA** *w/splenda* (Crema de Ricotta de Chocolate) **Cals: 140- 4oz**

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