

MONDAY's Entrees 2-11-2019

1 **BASIL PESTO MASITAS, grilled breast of chicken morsels topped with sauce**

K (Masitas a la plancha cubiertas con salsa Pesto de albahaca cremosa ligera)

Srvg:6oz Cals:295 Fat:13g Carbs:6 Sodium:30 Prot:37

2 **"TAMAL EN CAZUELA" Cuban style**

corn meal *W/ breast of chicken
(Tamal en Cazuela con pechuga de pollo)

Srvg:10 ozCals:325Fat: 7gCarbs:21gSodium:403 Prot:13

*Xtra entree \$4.35

*Xtra side \$2.19

Entree Side 1 Side 2 Side 3 *Xtras

TUESDAY's Entrees 2-12-2019

3 **GRILLED TURKEY PICADILLO CRIOLLO**

K (Picadillo criollo de pavo a la plancha)

Srvg:5oz Cals:235 Fat:6g Carbs:0 Sodium:489 Prot:31

4 **NAPOLITANA, breast of chicken and penne pasta in a crushed tomato sauce**

(Macarrones Napolitanos con pechuga de pollo)

Srvg:10oz Cals:305 Fat:8 Carbs:26 Sodium:468Prot:25

W/whole grain pasta

Entree Side 1 Side 2 Side 3 *Xtras

WEDNESDAY's Entrees 2-13-2019

5 **GRILLED BREAST OF TURKEY MASITAS WITH GRILLED ONIONS**

K (Masitas de pechuga de pavo con cebolla a la plancha)

Srvg oz Cals:220Fat:7gCarbs:2g Sodium:233Protein:34

6 **BBQ PULLED BREAST OF CHICKEN**

(Pechuga de pollo desmenuzada en salsa BBQ)

Srvg:8oz Cals:287Fat:10Carbs:20 Sodium:437Protein:25

CONDITIONS APPLY, SEE WEBSITE

Entree Side 1 Side 2 Side 3 *Xtras

THURSDAY's Entrees 2-14-2019

7 **"PULPETA" Cuban style turkeyloaf topped with grilled onions**

(Pulpetta de picadillo de pavo cubierto con cebollitas a la plancha)

Srvg:6 oz Cals:210 Fat:6g Carbs:32g Sodium:405Prot:18

8 **TILAPIA FRICASSEE with green beans**

(Fricasee de tilapia con habichuelas)

Srvg:6oz Cals:290Fat:9g Carbs:20g Sodium:325Prot: 26



Entree Side 1 Side 2 Side 3 *Xtras

FRIDAY's Entrees 2-15-2019

9 **AJILLO, grilled breast of chicken morsels topped with light "creamy" garlic sauce**

K (Trocitos de pechuga de pollo a la plancha cubiertas con salsa ligera cremosa al Ajillo)

Srvg: 6oz Cals:289 Fat:11gCarbs:2g Sodium:290Prot:35

10 **MILANESE RICE & CHICKEN topped w/ marinara sauce and parm**

(Arroz con pollo Milanese, cubierto con salsa marinara y queso parmesano)

Srvg:10oz Cals:339 Fat:10g Carbs:44 Sodium:452 Prot:18

Entree Side 1 Side 2 Side 3 *Xtras

2019-3-WEB

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

Cut off for Monday delivery is 12 pm Saturday

20. CREAM OF VEGETABLES

(Crema de vegetales) **Cals: 90 - 8oz**

24. BROWN RICE (Arroz integral) Cals: 190 -8oz

21. RED BEANS

(Frijoles colorados) **Cals: 155 - 8oz**

25. REAL MASHED POTATO

(Pure de papa) **Cals: 198 -4oz**

22. SPLIT PEA SOUP

(Potaje de chicharos) **Cals: 70 - 8oz**

26. OVEN ROASTED SWEET POTATO.

(Boniato amarillo asado) **Cals: 110 -6oz**

23. RICE (Arroz)

Cals: 190 - 8oz

27. STEAMED PLANTAINS

(Platanos al vapor) **Cals: 145 -8oz**

28. MIXED CHOPPED SALAD

K (Ensalada picadita) **Cals: 65 - 4oz**

29. GRILLED GREEN BEANS

K (Habichuelas a la plancha) **Cals: 50 -4oz**

30. DARK CHOCOLATE MOUSSE

K (Mousse de chocolate oscuro) **Cals: 90 -4oz**

31. FRENCH VANILLA MOUSSE

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

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