

## MONDAY's Entrees 4-15-2019

**1** **PEPERONATA** grilled breast of chicken morsels topped with a red roasted pepper sauce  
**K** (Masitas a la plancha cubiertas con salsa Peperonata cremosa ligera de pimientos morrones)  
 Srvg:6ozCals:180Fat:9 Carbs:2g Sodium:471 Protein:37

**2** **MILANESE RICE & CHICKEN** topped w/ marinara sauce and parm (Arroz con pollo Milanese, cubierto con salsa marinara y parmesano)  
 Srvg:10oz Cals:339 Fat:10g Carbs:44 Sodium:452 Protein:15

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

Entree	Side 1	Side 2	Side 3	*Xtras

## TUESDAY's Entrees 4-16-2019

**3** **BALSAMIC GLAZED "MASITAS"** (Masitas de pechuga de pollo glaceadas con vinagre balsamico)  
 Srvg:6 Cals:295 Fat:5 Carbs:9 Sodium:339 Protein:37

**4** **SPAGUETTI AND TURKEY MEATBALLS** (Espaguetti con albondiguitas de pavo)  
 Srvg:10oz Cals:295 Fat:8 Carbs:28 Sodium:435 Protein:18  
 w/whole grain pasta

Entree	Side 1	Side 2	Side 3	*Xtras

# Eat healthy, feel GREAT! SHED THE POUNDS! Keto

\* You can replace any entree with: #11 Turkey picadillo or #12 grilled masitas

## WEDNESDAY's Entrees 4-17-2019

**5** **GRILLED ITALIAN STYLE TURKEY PICADILLO** w/onion, sweet green pepper, celery (Picadillo de pavo a la Italiana a la plancha con cebolla, ajies, celery)  
 Srvg:6ozCals:220 Fat:7 Carbs:2 Sodium:233 Protein: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

\*Conditions apply

Entree	Side 1	Side 2	Side 3	*Xtras

## THURSDAY's Entrees 4-18-2019

**7** **MASITAS CRIOLLAS** grilled breast of chicken morsels  
**K** (Masitas de pechuga de pollo a la plancha)  
 Srvg:6oz Cals:212 Fat:7 Carbs:0 Sodium:233 Protein:37

**8** **"CUBAN NEST" Turkey Frica-Pica over real mashed potato** (Nido Cubano, fricasse de picadillo de pavo sobre pure de papa)  
 Srvg:10ozCals:398Fat:15Carbs:35 Sodium:390 Protein:16

Entree	Side 1	Side 2	Side 3	*Xtras

## FRIDAY's Entrees 4-19-2019

**9** **VACA "FRITA" Grilled shredded breast of chicken** (Vaca "Frita" de pechuga de pollo a la plancha)  
**K**  
 Srvg: 5oz Cals:216 Fat:10Carbs:0 Sodium:298 Protein:25

**10** **"ARROZ CON PESCADO" Spanish style yellow rice & tilapia** (Arroz amarillo con tilapia a la Española)  
 Srvg:10ozCals:295 Fat:8 Carbs:28Sodium:462 Protein:10

w/brown rice

Entree	Side 1	Side 2	Side 3	*Xtras

2019-2-WEB

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

- 20. CREAM OF BROCCOLI** (Crema de broccoli) Cals: 80- 8oz
- 21. LENTIL & SPINACH SOUP** (Potaje de Lentejas c/ espinaca) Cals: 70- 8oz
- 22. SPLIT PEA** (Potaje de chicharos) Cals: 70- 8oz
- 23. RICE** (Arroz) Cals: 210-6oz

- 24. BROWN RICE** (Arroz integral) Cals: 190-6oz
- 25. MOROS brown rice & black beans** (Morros con arroz integral) Cals: 210- 6oz
- 26. MASHED PLANTAINS "FUFU"** (Fufu de plantano) Cals: 95-4oz
- 27. CARROT PUREE** (Pure de zanahoria) Cals: 30- 4oz

Cut off for Monday delivery is 12 pm Saturday

- 28. STEAMED POTATOES** (Papas al vapor) w/light spanish style dressing Cals: 75- 6oz
- 29. SPINACH PARMESAN** (Espinacas a la parmesana) Cals: 165- 4oz
- 30. PEANUT BUTTER CREME RICOTTA** (Ricotta de mantequilla de mani) Cals: 140 -3oz
- 31. COCONUT MOUSSE** (Mouse coco) Cals: 115- 3oz

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