

MONDAY's Entrees 9-26-2022

1 MASITAS CRIOLLAS- grilled breast of chicken morsels
(Masitas de pechuga de pollo Criollas)

Srvg:5oz Cals:180 Fat:13Carbs:0 Sodium:377 Protein:30

2 SPANISH PAELLA yellow rice with breast of chicken morsels and tilapia
(Paella con arroz integral, masitas de pollo y tilapia)

Srvg:9oz Cals:312Fat:4 Carbs:38 Sodium:398 Protein:19

Entree	Side 1	Side 2	Side 3	Xtras

TUESDAY's Entrees 9-27-2022

3 CHICKEN FRICASSE WITH GREEN BEANS
(Fricassee de masitas de pechuga de pollo con habichuelas)

Srvg:5oz Cals:199Fat:9 Carbs:9 Sodium:466 Protein:22

4 SPAGHETTI ARRABIATA with tomatoes, onions, roasted garlic, red wine, fresh basil & parm
(Spaguettis Arrabbiata con tomates, cebollitas, ajo asado, vino tinto, albahaca fresca y parmesano)

Srvg:9oz Cals:417Fat: 13Carbs:60 Sodium:691 Protein:9

Entree	Side 1	Side 2	Side 3	Xtras

Tradicional, sabroso y saludable

5 days \$66.89 per person Xtra entree \$6.78
4 days \$53.46 per person Xtra side \$2.69

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

WEDNESDAY's Entrees 9-28-2022

5 ITALIAN TURKEYLOAF topped a a light tomato sauce & parm
(Albondigon de pavo a la Italiana cubierto con salsa ligera de tomate y parmesano)

Srvg:5ozCals:231 Fat:12 Carbs:36 Sodium:548 Protein:21

6 MIAMI NEST - turkey picadillo fricasse over a nest of mashed plantains
(Nido Miami - Fricassee de picadillo de pavo sobre un nido de platano majado "fufu")

Srvg:9oz Cals:280Fat:8 Carbs:37 Sodium:422 Protein:14

Entree	Side 1	Side 2	Side 3	Xtras

THURSDAY's Entrees 9-29-2022

7 AJILLO grilled breast of chicken morsels topped with a light "creamy" garlic sauce
(Masitas de pechuga de pollo a la plancha cubiertas con salsa cremosa ligera al Ajillo)

Srvg:6ozCals:294Fat:14Carbs:2 Sodium:754 Protein:30

8 CHICKEN WALDORF SALAD with cranberries, walnuts, celery, sweet peas, light mayo
(Ensalada de pollo Waldorf con cranberries, nueces, celery, petit poi y mayonesa ligera)

Srvg:6ozCals:410Fat:28 Carbs:45 Sodium:469 Protein:28

Entree	Side 1	Side 2	Side 3	Xtras

FRIDAY's Entrees 9-30-2022

9 FRICA-PICA -turkey picadillo fricassee with veggies and grains
(Fricassee de Picadillo de pavo con vegetales y granos)

Srvg:6 Cals:220 Fat:10 Carbs:11 Sodium:573 Protein:17

10 SPAGHETTI NAPOLITANA with shredded breast of chicken in a marinara sauce topped with parmesan
(Espaguettis integrales con pollo desmenuzado en salsa marinara cubierto con parmesano)

Srvg:9ozCals:398Fat:8 Carbs:59 Sodium:559 Protein:18

Entree	Side 1	Side 2	Side 3	Xtras

2022-2-

Cut off for Monday delivery is 2 pm Friday

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

Late order Entrees may be replace with #11 or #12

- 20. CREAM OF VEGETABLES (Crema de vegetales) Cals: 179- 8oz
- 21. SPLIT PEA SOUP (Potaje de chicharos) Cals: 80 - 8oz
- 22. GARBANZO SOUP (Potaje de garbanzos) Cals: 185- 8oz
- 23. RICE (Arroz) Cals: 190-6oz

- 24. BROWN RICE (Arroz integral) Cals: 190-6oz
- 25. SPANISH STYLE DICED POTATO (Papas a la Española) Cals: 140- 6oz
- 26. MASHED PLANTAINS "FUFU" (Fufu de platano) Cals:165 -6oz

- 27. GRILLED VEGGIES (Vegetales a la plancha) Cals: 75- 6oz
- 28. CILANTRO & ONION TOMATO SALAD (Ensa. de tomates, cebollitas, cilantro) Cals: 75-4oz
- 29. CHOCOLATE & VANILLA PARFAIT (Parfait de chocolate y vainilla) Cals: 145 -4oz

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