

MONDAY's Entrees 8-8-2022

1 CURRY MASITAS - grilled breast of chicken morsels topped with a light curry mojo
(Masitas de pechuga de pollo al curry con mojo ligero al curry)

Srvg:5oz Cals:232 Fat:11g Carbs:0 Sodium:386 Protein:30

2

SPAGUETTI PUTTANESCA with tomatoes, black olives, fresh basil, oilive, garlic
(Espaguetis Puttanesca con tomates, aceitunas negras albahaca fresca, ajo, aceite de oliva)

Srvg:9oz Cals:245 Fat:9g Carbs:35 Sodium:593 Prot:8

Entree	Side 1	Side 2	Side 3	*Xtras

TUESDAY's Entrees 8-9-2022

3 GRILLED TURKEY PICADILLO CRIOLLO
(Picadillo criollo de pavo a la plancha)

Srvg:5oz Cals:242 Fat:13g Carbs:3 Sodium:542 Prot:26

4

CUBAN NEST - Breast of chicken Ropa Vieja over a nest of mashed potatoes
(Nido Cubano - Ropa Vieja de pechuga de pollo sobre un nido de pure de papa)

Srvg:10oz Cals:245 Fat:4 Carbs:20 Sodium:483 Protein:16

Entree	Side 1	Side 2	Side 3	Xtras

WEDNESDAY's Entrees 8-10-2022

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

Srvg:5oz Cals:232 Fat:13g Carbs:0 Sodium:498 Prot:30

6

w/whole grain pasta
SPAGHETTI BOLOGNESE with lean ground turkey topped with parmesan
(Espaguetis integrales con salsa Bolognesa de picadillo de pavo cubierto con parmesano)

Srvg:10oz Cals:325 Fat:10g Carbs:28g Sodium:415 Prot:18

Entree	Side 1	Side 2	Side 3	Xtras

5 days \$66.89 per person
4 days \$53.46 per person

XTRA SIDES:

31. French vanilla mousse Xtra entree \$6.78
32. Chocolate creme ricotta Xtra side \$2.69

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

THURSDAY's Entrees 8-11-2022

7 AMERICAN TURKEYLOAF with a light gravy
(Albondigon Americano con gravy ligero)

Srvg:5oz Cals:285 Fat:9 gCarbs:10 Sodium:385 Prot:24

8

TAMAL EN CAZUELA Cuban style cornmeal with breast of chicken morsels
(Tamal en cazuela con masitas de pechuga de pollo)

Srvg:9oz Cals:240 Fat:9 gCarbs:36 Sodium:664 Prot:22

Entree	Side 1	Side 2	Side 3	Xtras

FRIDAY's Entrees 8-12-2022

9 BBQ PULLED BREAST OF CHICKEN
(Pechuga de pollo desmenuzada en salsa BBQ)

Srvg:8oz Cals:297 Fat:9 Carbs:20 Sodium:559 Prot:23

10

MILANESE BROWN RICE & CHICKEN topped with sauce and parmesan cheese
(Arroz con pollo Milanesa cubierto salsa y queso parmesano)

Srvg:10oz Cals:395 Fat:8g Carbs:36g Sodium:664 Prot:22

Entree	Side 1	Side 2	Side 3	Xtras

2022-3

Cut off for Monday delivery is 2 pm Friday **SIDES FOR THIS WEEK:** Choose three (3) per person Late orders Entree's may be replaced with #11 or #12

- 20. ITALIAN CREAM OF SPLIT PEA**
(Crema de chicharos Italiana) Cals: 95 - 8oz
- 21. LENTIL SOUP** Cals: 98 - 8oz
(Potaje de lentejas) Cals: 195 - 8oz
- 22. RED BEAN SOUP** Cals: 190- 6oz
(Potaje de colorados)
- 23. RICE (Arroz)**

- 24. BROWN RICE** (Arroz integral) Cals: 190 -6oz
- 25. SMASHED POTATO** w/garlic & olive oil Cals: 155- 6oz
(Papa machacada)
- 26. STEAMED PLANTAINS** Cals: 165 -6oz
(Platanos al vapor)
- 27. SWEET POTATO PUREE** Cals: 165 -6oz
(Puree de boniato amarillo)

- 28. GRILLED GREEN BEANS** Cals: 75 -4oz
(Habichuelas a la plancha)
- 29. TOMATO, ONIONS, CILANTRO SALAD** Cals: 45 -4oz
(Ensa.de tomate, cebollitas y cilantro)
- 30. DARK CHOCOLATE MOUSSE** Cals: 145-4oz
(Mousse de chocolate negro)

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