

MONDAY's Entrees 3-30-2020

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

2 SPANISH PAELLA -Yellow rice with breast of chicken morsels and tilapia
 (Paella con arroz integral, masitas de pollo y tilapia)
 Srvg:10oz Cals:290 Fat:8g Carbs:41 Sodium:341 Protein:15

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

| Entree | Side 1 | Side 2 | Side 3 | *Xtras |
|--------|--------|--------|--------|--------|
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TUESDAY's Entrees 3-31-2020

3 MASITAS CRIOLLAS grilled breast of chicken morsels
 (Masitas de pechuga de pollo a la plancha)
 Srvg:6 Cals:212 Fat:5 Carbs:0 Sodium:233 Protein:37

4 "ROPA VIEJA" Shredded breast of chicken
 (Ropa Vieja de pechuga de pollo)
 Srvg:7oz Cals:197 Fat:6 Carbs:6 Sodium:495 Protein:23

| Entree | Side 1 | Side 2 | Side 3 | *Xtras |
|--------|--------|--------|--------|--------|
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Eat healthy, be SAFE! 5 days \$52.91 per person * You can replace any entree with:
 4 days \$45.04 per person #11 Turkey picadillo or #12 grilled masitas

WEDNESDAY's Entrees 4-1-2020

5 'PULPETA' Cuban style turkeyloaf topped with grilled onions.
 (30% ground veggies)
 (Pulpeta de picadillo de pavo cubierta con cebollitas a la plancha)
 Srvg:6oz Cals:210 Fat:10 Carbs:32 Sodium:405 Protein:18

6 TILAPIA IN SALSA VERDE, green sweet pepper, cilantro, parsley sauce.
 (Tilapia en Salsa Verde con pimenton verde, cilantro y perejil)
 Srvg:8oz Cals:253 Fat:97 Carbs:1 Sodium:590 Protein:19

*Conditions apply

| Entree | Side 1 | Side 2 | Side 3 | *Xtras |
|--------|--------|--------|--------|--------|
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THURSDAY's Entrees 4-2-2020

7 MASITAS GORGONZOLA- grilled breast of chicken w/a light cheese sauce & fresh celery
 (Masitas de pechuga de pollo a la plancha con salsa ligera de queso Gorgonzola y celery fresco)
 Srvg:6oz Cals:295 Fat:12 Carbs:2 Sodium:315 Protein:37

8 SPAGUETTI AND TURKEY MEATBALLS
 (Espaguetti con albondiguillas 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 |
|--------|--------|--------|--------|--------|
| | | | | |

FRIDAY's Entrees 4-3-2020

9 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:6oz Cals:220 Fat:7 Carbs:2 Sodium:233 Protein:34

10 CARIBBEAN TUNA SALAD has cilantro
 (Ensalada Caribeña de tuna)
 Srvg:6oz Cals:195 Fat:5 Carbs:5 Sodium:342 Protein:17

| Entree | Side 1 | Side 2 | Side 3 | *Xtras |
|--------|--------|--------|--------|--------|
| | | | | |

2020-2-WEB

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

Cut off for Monday delivery is 12 pm Saturday

- 20. CHICKEN NOODLE SOUP (Sopa de pollo y fideos) Cals: 95- 12oz
- 21. GARBANZOS (Potaje de garbanzos) Cals: 195- 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. MEDITERRANEAN LENTIL RICE w/brown rice (Arroz integral con lentejas) Cals: 210- 6oz
- 26. STEAMED PLANTAINS (Platanos al vapor) Cals: 145-6oz
- 27. SWEET POTATO PUREE (Pure de boniato amarillo) Cals: 110- 6oz

- 28. COLIFLOWER & POTATO PUREE (Pure de coliflor y papa) Cals: 95- 6oz
- 29. CUBANSLAW SALAD w/apple and light mayo (Ensalada de col Cubana) Cals: 75- 4oz
- 30. PUMPKIN PUDDING (Natilla de calabaza) Cals: 140 -3oz
- 31. DARK CHOCOLATE MOUSSE (Mousse de chocolate) Cals: 140- 3oz

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