

MONDAY's Entrees 9-21-2020

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:6ozCals:180Fat: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:10ozCals:290 Fat:8g Carbs:41 Sodium:341Protein15

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

Entree	Side 1	Side 2	Side 3	*Xtras

TUESDAY's Entrees 9-22-2020

3 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

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

TRADICIONAL, SABROSO Y SALUDABLE

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 9-23-2020

5 MASITAS CRIOLLAS grilled breast of chicken morsels
 (Masitas de pechuga de pollo a la plancha)
 Srvg:6oz Cals:210 Fat:10Carbs:32 Sodium:405 Protein:18

6 AMERICAN NEST Turkey chili in a bed of sweet potato puree.
 (Nido Americano - Chili de picadillo de pavo sobre un nido de pure de boniato amarillo) NO pica!
 Srvg:10oz Cals:425 Fat:15 Carbs:35 Sodium:590 Protein:15

It's not SPICY/HOT *Conditions apply

Entree	Side 1	Side 2	Side 3	*Xtras

THURSDAY's Entrees 9-24-2020

7 "FRITA" CUBANA, grilled ground turkey medallion topped with grilled onions
 ("Frita" cubana de picadillo de pavo a la plancha cubierta con cebollitas a la plancha)
 Srvg:5oz Cals:325 Fat:10 Carbs:2 Sodium:395 Protein:25

8 CARIBBEAN CHICKEN SALAD w/onions, celery, red roasted pepper, cilantro and light mayo
 (Ensalada Caribeña de pollo con cebollita, celery, cilantro, pimientos morrones y mayo ligera)
 Srvg:6oz Cals:195 Fat:6 Carbs:10 Sodium:255 Protein:15

Entree	Side 1	Side 2	Side 3	*Xtras

FRIDAY's Entrees 9-25-2020

9 BREAST OF CHICKEN LASAGNA
 (Lasagna de pechuga de pollo)
 Srvg:10ozCals:356Fat:13Carbs:20 Sodium:342 Protein:18

10 'PULPETA' Cuban style turkeyloaf topped with grilled onions. 30% ground veggies
 (Pulpeta de picadillo de pavo cubierta con cebollitas a la plancha)
 Srvg:6 Cals:212 Fat:5 Carbs:0 Sodium:233 Protein:37

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. CREAM OF TOMATO
 (Crema de tomate) Cals: 100- 8oz

21. VEGETARIAN GALICIAN STEW
 (Caldo gallego vegetariano) Cals: 120- 8oz

22. SPLIT PEA SOUP Cals: 70- 8oz
 (Potaje de chicharos)

23. RICE (Arroz) Cals: 210-6oz

24. BROWN RICE (Arroz integral) Cals: 190-6oz

25. MOROS brown rice & black beans
 (Moros con arroz integral) Cals: 210- 6oz

26. STEAMED CALABAZA SQUASH
 (Calabaza al vapor) Cals: 85-8oz

27. SWEET POTATO PUREE
 (Pure de boniato amarillo) Cals: 115- 6oz

28. REAL MASHED POTATO Cals: 189 - 6oz
 (Pure de papas)

29. GARBANZO SALAD Cals: 75- 4oz
 (Ensalada de garbanzos)

30. COCONUT MOUSSE Cals: 145 -3oz
 (Mousse de coco)

31. RUM RAISIN MOUSSE Cals: 115- 3oz
 (Mousse de ron y pasitas)