

MONDAY's Entrees 11-23-2020

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:38

Brown rice

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

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

Entree	Side 1	Side 2	Side 3	*Xtras

TUESDAY's Entrees 11-24-2020

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

whole grain pasta

4 NAPOLITANA - elbow pasta and shredded chicken in a crushed tomato sauce
 (Macarrones integrales Napolitano con pechuga de pollo desmenuzada y salsa tomate)
 Srvg:10oz Cals:398 Fat:10 Carbs:30 Sodium:341 Protein:14

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 11-25-2020

5 CURRY GRILLED BREAST OF CHICKEN
MASITAS with grilled onions
 (Masitas de pechuga de pollo al Curry con cebollitas a la plancha)
 Srvg:6oz Cals:210 Fat:10Carbs:5 Sodium:205 Protein:38

*Conditions apply

6 MIAMI NEST Turkey picadillo fricassee over mashed plantains "fufu".
 (Nido Miami - fricassee de picadillo de pavo sobre platano majado "fufu")
 Srvg:10ozCals:398Fat:10Carbs:35 Sodium:390 Protein:16

Entree	Side 1	Side 2	Side 3	*Xtras

THURSDAY's Entrees 11-26-2020

7 THANKSGIVING BREAST OF TURKEY oven baked, sliced with cranberry sauce on the side
 (Pechuga de pavo al horno, lasqueada y salsa de cranberry)
 Srvg:5oz Cals:235 Fat:6 Carbs: 0 Sodium:585 Protein:31



8 "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

FRIDAY's Entrees 11-27-2020

9 MASITAS CRIOLLAS - Grilled breast of chicken morsels
 (Masitas de pechuga de pollo a la plancha)
 Srvg:5ozCals:212Fat:10Carbs:0 Sodium:233 Protein:37

10 GRILLED TURKEY PICADILLO CRIOLLO.
 (Picadillo criollo de pavo a la plancha)
 Srvg:5 Cals:235 Fat:6 Carbs:0 Sodium:489 Protein:31

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 VEGGIES NOODLE SOUP (Sopa de pollo c/vegetales y fideos) **Cals: 95- 12oz**
- 21. CREAM OF SPINACH **Cals: 85- 8oz**
(Crema de espinaca)
- 22. BLACK BEAN SOUP **Cals: 174- 8oz**
(Frijoles negros)
- 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. SWEET POTATO PUREE (Pure de boniato amarillo) **Cals: 115-6oz**
- 27. REAL MASHED POTATO (Pure de papas) **Cals: 189- 6oz**

- 28. GARBANZO SALAD (Ensalada de garbanzos) **Cals: 75- 4oz**
- 29. GRILLED VEGGIES (Vegetales a la plancha) **Cals: 75- 4oz**
- 30. CHOCOLATE CREME RICOTTA (Crema de ricotta de chocolate) **Cals: 145 -3oz**
- 31. RICE PUDDING (Arroz con leche) **Cals: 90- 4oz**

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