

MONDAY's Entrees 1-18-2021

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 1-19-2021

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 1-20-2021

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 1-21-2021

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: 6 Sodium:395 Protein:25

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 1-22-2020

9 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:289Fat:11Carbs:6 Sodium:342 Protein:35

10 MEXICAN TURKEYLOAF topped with cheddar cheese. 30% ground veggies
 (Albondigon a la mexicana cubierto con queso cheddar)
 Srvg:6 Cals:325 Fat:10 Carbs:15 Sodium:233 Protein:27

Entree	Side 1	Side 2	Side 3	*Xtras

2021-2-WEB

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

Cut off for Monday delivery is 12 pm Saturday

- 20. CHICKEN VEGGIE NOODLE SOUP (Sopa de pollo c/veg. y fideos) Cals: 95- 12oz
- 21. CREAM OF BROCCOLI (Crema de broccoli) Cals: 85- 8oz
- 22. SPLIT PEA SOUP (Potaje de chicharos) Cals: 79- 8oz
- 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: 110-6oz
- 27. COLIFLOWERT & POTATO PUREE Low carb Cals: 120- 6oz

- 28. WHITE BEAN SALAD (Ensalada de frijol blanco) Cals: 75- 4oz
- 29. GRILLED VEGGIES (Vegetales a la plancha) Cals: 50- 3oz
- 30. COCONUT MOUSSE (Mousse de coco) Cals: 145 -3oz
- 31. CHOCOLATE CREME RICOTTA (Crema de ricotta de chocolate) Cals: 140- 4oz