

## MONDAY's Entrees 4-19-2021

**1** "CREAMY" CILANTRO MASITAS grilled breast of chicken topped light sauce (Masitas de pechuga de pollo cubiertas en salsa cremosa ligera de cilantro)

Srvg:6oz Cals:295 Fat:13g Carbs:6 Sodium:267 Prot:37

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

**2** CHEESE RAVIOLIS in a light pink sauce sprinkled with parmesan

(Raviolis de queso cubiertos con salsa rosada ligera y parmesano)

Srvg:7oz Cals:295Fat:12gCarbs:55gSodium:495 Prot:2

Entree	Side 1	Side 2	Side 3	*Xtras

## TUESDAY's Entrees 4-20-2021

**3** "FRICA-PICA" Turkey picadillo fricassee with mixed vegetables and grains (Frica-Pica- Fricassee de picadillo de pavo con vegetales y granos)

Srvg:5oz Cals:285 Fat:7 gCarbs:10 Sodium:285Prot:24

W/wholegrain pasta

**4** CUBAN CHICKEN & ELBOW PASTA SALAD with cranberries, celery, sweet peas, light mayo, (Ensalada a la Cubana de coditos integrales, pollo cranberries, celery, petit poi y mayonesa ligera)

Srvg: 9 oz Cals:253 Fat:6 Carbs:30 Sodium:416 Prot:9

Entree	Side 1	Side 2	Side 3	*Xtras

## WEDNESDAY's Entrees 4-21-2021

**5** MASITAS TERIYAKI - grilled breast of chicken morsels, w/onions and sweet green peppers. (Masitas de pechuga de pollo Teriyaki a la plancha con cebollitas y aji verde)

Srvg:6ozCals:295 Fat:7gCarbs:0 Sodium:495Protein:37

W/brown rice

CONDITIONS APPLY, SEE WEBSITE

**6** ARROZ CON POLLO yellow rice and breast of chicken morsels "masitas" (Arroz con pollo con arroz integral)

Srvg:10ozCals:307 Fat:8gCarbs:42g Sodium:597Prot:15

Entree	Side 1	Side 2	Side 3	*Xtras

**COMFORT MEALS, ZERO GUILT** 5 days \$52.91 per person \*You can replace any entree with #11 Turkey Picadillo or #12 Masitas  
4 days \$45.04 per person

## THURSDAY's Entrees 4-22-2021

**7** PULPETA Cuban style turkeyloaf topped with grilled onions (Pulpeta de picadillo de pavo cubierta con cebollitas)

Srvg:5oz Cals:212 Fat:7g Carbs:5 Sodium:389 Prot:24

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

Srvg:8oz Cals:287Fat:10Carbs:20 Sodium:437Protein:25

Entree	Side 1	Side 2	Side 3	*Xtras

## FRIDAY's Entrees 4-23-2021

**9** MASITAS MILANESA grilled breast of chicken w/marinara sauce,mozzarella & parm (Masitas a la plancha Milanesa cubiertas con salsa marinara, mozzarella y parmesano)

Srvg:8oz Cals:395 Fat:9gCarbs:8 Sodium: 485 Prot: 32

**10** SPANISH STYLE TUNA SALAD-steamed potatoes, onions, roasted red peppers and a cilantro dressing (Ensalada de atun a la Española.- con papa, cebolla, pimientos morrones, cilantro)

Srvg:10oz Cals:452Fat:12gCarbs:24Sodium:397 Prot:17

Entree	Side 1	Side 2	Side 3	*Xtras

2021-3-WEB

**SIDES FOR THIS WEEK: Choose three (3) per person**

Cut off for Monday delivery is 12 pm Saturday

**20. CREAM OF VEGETABLES**

(Crema de vegetales) Cals: 90 - 8oz

**21. SPLIT PEA SOUP**

(Potaje de chicharos) Cals: 78 - 8oz

**22. RED BEAN SOUP**

(Frijoles colorados) Cals: 195 - 8oz

**23. RICE (Arroz)**

Cals: 190- 6oz

**24. BROWN RICE (Arroz integral)**

Cals: 190 -6oz

**25. MOROS brown rice & black beans**

(Moros con arroz integral) Cals: 220 -6oz

**26. OVEN BAKED SWEET POTATO**

(Boniato amarillo al horno) Cals: 100 -6oz

**27. MASHED PLANTAINS "FUFU"**

(Fufu de platano) Cals: 95-4oz

**28. SMASHED POTATOES**

(Papas machacadas) Cals: 150- 6oz

**29. GRILLED GREEN BEANS**

(Habichuelas a la plancha) Cals: 75 -4oz

**30. MOCHA CREME RICOTTA**

(Crema de ricotta de Mocha) Cals: 145 -4oz

**31. FRENCH VANILLA MOUSSE**

(Mousse de vainilla) Cals: 90-4oz

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