

MONDAY's Entrees 8-2-2021

- 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:37

2 PESTO CHEESE RAVIOLIS - Fresh light

- creamy basil pesto topped with parm
 (Raviolis de queso cubiertos con salsa cremosa ligera de albahaca fresca y parmesano)

Srvg:8ozCals:225 Fat:10g Carbs:49 Sodium:285Protein 8

Xtra entree * \$4.35
 Xtra side * \$2.69

Entree	Side 1	Side 2	Side 3	*Xtras

TUESDAY's Entrees 8-3-2021

- 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

4 CHICKEN WALDORF SALAD with cranberries,

- walnuts, celery, sweet peas, light mayo
 (Ensalada de pollo Waldorf con cranberries, nueces, celery, petit poi y mayonesa ligera)

Srvg:9ozCals:289Fat:6 Carbs:15 Sodium:390 Protein:18

Has walnuts

Entree	Side 1	Side 2	Side 3	*Xtras

TRADICIONAL, SABROSO Y SALUDABLE

5 days \$57.49 per person * You can replace any entree with:
 4 days \$48.72 per person #11 Turkey picadillo or #12 grilled masitas

WEDNESDAY's Entrees 8-4-2021

- 5** MASITAS CRIOLLAS- grilled breast of chicken morsels
 (Masitas de pechuga de pollo Criollas)

Srvg:5oz Cals:212 Fat:7Carbs:0 Sodium:233 Protein:37

6 SPANISH STYLE YELLOW RICE & FISH

- (Arroz amarillo con pescado a la Española)

Srvg:10ozCals:398Fat:10Carbs:42 Sodium:490 Protein:14

With brown rice

Entree	Side 1	Side 2	Side 3	*Xtras

THURSDAY's Entrees 8-5-2021

- 7** MEXICAN TURKEY PICADILLO FRICASSE topped with cheddar cheese.
 (Fricassee de Picadillo de pavo a la mexicana cubierto con queso cheddar)

Srvg:6 Cals:325 Fat:10 Carbs:15 Sodium:233 Protein:27

8 SPAGHETTI PUTTANESCA w/tomatoes, black olives, basil, garlic & olive oil

- (Espaguetti Puttanesca con tomates, aceitunas negras, albahaca, ajo y aceite de oliva)

Srvg:9oz Cals:225 Fat: 9 Carbs:30 Sodium:403 Protein:8

Whole grain pasta

Entree	Side 1	Side 2	Side 3	*Xtras

FRIDAY's Entrees 8-6-2021

- 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:37

10 GINGER, GARLIC, CILANTRO TILAPIA. (Oven baked)

- (Tilapia con gengibre, ajo y cilantro al horno)

Srvg:6ozCals:289Fat:11Carbs:6 Sodium:342 Protein:35

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 2 pm Friday

20. CREAM OF MALANGA

(Crema de malanga) Cals: 90- 8oz

21. LENTILS SOUP

(Potaje de lentejas) Cals: 80 - 8oz

22. BLACK BEAN SOUP

(Frijoles negros) Cals: 174- 8oz

23. RICE (Arroz)

Cals: 190-6oz

24. BROWN RICE (Arroz integral)

Cals: 190-6oz

25. STEAMED PLANTAINS

(Platanos al vapor) Cals: 145- 6oz

26. SWEET POTATO PUREE

(Pure de boniato amarillo) Cals: 165 -4oz

27. SPANISH STYLE STEAMED POTATOES

(Papas a la Española) Cals: 135- 6oz

28. GRILLED GREEN BEANS

(Habichuelas a la plancha) Cals: 50-4oz

29. ORANGE CREME RICOTTA

(Crema de ricotta de Naranja) Cals: 145 -3oz

30. DARK CHOCOLATE MOUSSE

(Mousse de chocolate negro) Cals: 135 - 3oz