

MONDAY's Entrees

11/29/2021

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

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

2 MILANESE BROWN RICE & CHICKEN topped with sauce and parmesan cheese (Arroz con pollo Milanese cubierto salsa y queso parmesano)
Srvg:10ozCals:395Fat:8gCarbs:39gSodium:525 Prot:15

Entree	Side 1	Side 2	Side 3	*Xtras

TUESDAY's Entrees

11/30/2021

CONDITIONS APPLY, SEE WEBSITE

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

4 CUBAN NEST - Breast of chicken Ropa Vieja over a nest of mashed potatoes (Nido Cubano - Ropa Vieja de pechuga de pollo sobre un nido de pure de papas)
Srvg:10ozCals:398Fat:10Carbs:30Sodium:497Protein:16

Entree	Side 1	Side 2	Side 3	*Xtras

WEDNESDAY's Entrees

12/1/2021

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

6 SPAGHETTI BOLOGNESE with lean ground turkey topped with parmesan (Espaguettis integrales con salsa Bolognesa de picadillo de pavo cubierto con parmesano)
Srvg:10ozCals:325 Fat:10gCarbs:28g Sodium:415Prot18

Entree	Side 1	Side 2	Side 3	*Xtras

COMFORT MEALS, ZERO GUILT! 5 days \$57.49 per person *You can replace any entree with 4 days \$48.72 per person #11 Turkey Picadillo or #12 Masitas

THURSDAY's Entrees

12/2/2021

7 GRILLED TURKEY PICADILLO CRIOLLO (Picadillo criollo de pavo a la plancha)
Srvg:5oz Cals:235 Fat:6g Carbs:0 Sodium:489 Prot:31

8 CHICKEN PARMESAN RISOTTO (Arroz con pollo parmesano risotto)
Srvg:10ozCals:395Fat:12gCarbs:39g Sodium:359Prot:15

Entree	Side 1	Side 2	Side 3	*Xtras

FRIDAY's Entrees

12/3/2021

9 BBQ PULLED BREAST OF CHICKEN (Pechuga de pollo desmenuzada en salsa BBQ)
Srvg:8oz Cals:297 Fat:9 Carbs:20 Sodium:559 Prot:23

10 RICEBURGER - brown rice & picadillo mix topped with cheddar cheese. (Salteado de arroz integral y picadillo cubierto con queso amarillo)
Srvg:10oz Cals:452 Fat:12gCarbs:42Sodium:257 Prot:17

Entree	Side 1	Side 2	Side 3	*Xtras

2021-3-WEB

Cut off for Monday delivery is 2 pm Friday SIDES FOR THIS WEEK: Choose three (3) per person Late orders Entree's may be replaced with #11 or #12

- 20. ITALIAN CREAM OF SPLIT PEA (Crema de chicharos a la Italiana) Cals: 78 - 8oz
- 21. LENTIL SOUP (Potaje de lentejas) Cals: 98 - 8oz
- 22. RED BEAN SOUP (Potaje de colorados) Cals: 195 - 8oz
- 23. RICE (Arroz) Cals: 190- 6oz

- 24. BROWN RICE (Arroz) Cals: 190 -6oz
- 25. MOROS -brown rice & black beans (Moros de arroz integral) Cals: 210- 6oz
- 26. STEAMED YUCA w/a light mojo (Yuca al vapor con mojo ligero) Cals: 165 -6oz
- 27. MASHED PLANTAINS "FUFU" (Fufu de platano) Cals: 95 -4oz

- 28. GRILLED VEGGIES (Vegetales a la plancha) Cals: 60 -6oz
- 29. CHOCOLATE CREME RICOTTA (Crema de ricotta de chocolate) Cals: 145 -4oz
- 30. FRENCH VANILLA MOUSSE (Mousse de vainilla) Cals: 90-4oz