

MONDAY's Entrees 5-16-2022

Xtra entree \$6.78*** 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 Milanesa cubierto salsa y queso parmesano)
Srvg:10ozCals:395Fat:8gCarbs:39gSodium:525 Prot:15

Entree	Side 1	Side 2	Side 3	*Xtras

TUESDAY's Entrees 5-17-2022

CONDITIONS APPLY, SEE WEBSITE

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

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 5-18-2022

w/whole grain pasta

5 MASITAS TERIYAKI - grilled breast of chicken morsels topped with a light teriyaki/cilantro mojo (Masitas de pechuga de pollo Teriyaki a la plancha con mojo ligero de teriyaki/cilantro)
Srvg:6ozCals:295 Fat:7gCarbs:0 Sodium:495Protein:37

6 SPAGHETTI BOLOGNESE with lean ground turkey topped with parmesan (Espaguetis 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

Eat healthy, feel GREAT!

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 5-19-2022

brown rice

7 AMERICAN TURKEYLOAF with a light gravy (Albondigon Americano con gravy ligero)
Srvg:5oz Cals:285 Fat:9 gCarbs:10 Sodium:385Prot:24

8 CHICKEN PARMESAN RISOTTO (Arroz con pollo parmesano risotto)
Srvg:10oz Cals:395Fat:12gCarbs:44 Sodium:359 Prot:15

Entree	Side 1	Side 2	Side 3	*Xtras

FRIDAY's Entrees 5-20-2022

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 SPAGUETTI PUTTANESCA with tomatoes, black olives, fresh basil, olive, garlic, anchovies (Espaguetis Puttanesca con tomates, aceitunas negras albahaca fresca, ajo, aceite de oliva y anchoas)
Srvg:9ozCals:245Fat:9gCarbs:35 Sodium:430Prot:8

Entree	Side 1	Side 2	Side 3	*Xtras

2022-3-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

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| 20. ITALIAN CREAM OF SPLIT PEA
(Crema de chicharos a la Italiana) Cals: 95 - 8oz | 24. BROWN RICE (Arroz) Cals: 190 -6oz | 28. TOMATO, ONION, CILANTRO SALAD Cals: 50 -4oz
(Ensalada de tomate, cebollitas, cilantro) |
| 21. LENTIL SOUP (Potaje de lentejas) Cals: 98 - 8oz | 25. MOROS - brown rice & black beans
(Moros de arroz integral) Cals: 210- 6oz | 29. CHOCOLATE CREME RICOTTA Cals: 145 -4oz
(Crema de ricotta de chocolate) |
| 22. RED BEAN SOUP Cals: 195 - 8oz
(Potaje de colorados) | 26. STEAMED YUCA w/a light mojo
(Yuca al vapor con mojo ligero) Cals: 165 -6oz | 30. FRENCH VANILLA MOUSSE Cals: 90-4oz
(Mousse de vainilla) |
| 23. RICE (Arroz) Cals: 190- 6oz | 27. SWEET POTATO PUREE
(Pure de boniato amarillo) Cals: 110 -6oz | |

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