

## MONDAY's Entrees

1-23-2023

**1 CREAMY CILANTRO MASITAS** grilled breast of of chicken morsels topped with sauce (Masitas de pechuga de pollo a la plancha cubiertas con salsa de cilantro cremos ligera)

Srvg:5oz Cals:232 Fat:13g Carbs:0 Sodium:767 Prot:30

**2 SPAGUETTI PUTTANESCA** with tomatoes, black olives, fresh basil, oilive, garlic (Espaguetis Puttanesca con tomates, aceitunas negras albahaca fresca, ajo, aceite de oliva )

Srvg:9oz Cals:245 Fat:9gCarbs:35 Sodium:593Prot:8

Entree	Side 1	Side 2	Side 3	*Xtras

## TUESDAY's Entrees

1-24-2023

CONDITIONS APPLY, SEE WEBSITE

**3 GRILLED TURKEY PICADILLO CRIOLLO** (Picadillo criollo de pavo a la plancha)

Srvg:5oz Cals:242 Fat:13g Carbs:3 Sodium:542 Prot:26

**4 MILANESE BROWN RICE & CHICKEN** topped with sauce and parmesan cheese (Arroz con pollo Milanesa cubierto salsa y queso parmesano)

Srvg:10ozCals:290Fat:12gCarbs:36gSodium:546 Prot:22

Entree	Side 1	Side 2	Side 3	Xtras

## WEDNESDAY's Entrees

1-25-2023

**5 CURRY MASITAS - grilled breast of chicken morsels topped with a light curry mojo** (Masitas de pechuga de pollo al curry con mojo de curry)

Srvg:5oz Cals:232 Fat:11 Carbs:0 Sodium:386 Prot:30

**6 CUBAN CHICKEN SALAD** low carb NO POTATO celery, apples and low fat mayo (Ensalada de pollo Cubana SIN PAPAS con celery, manzana y mayonesa ligera)

Srvg:6oz Cals:252 Fat:8 gCarbs:9 Sodium:394Prot:25

Entree	Side 1	Side 2	Side 3	Xtras

**5 days \$66.89 per person**  
**4 days \$53.46 per person**

**Xtra entree \$6.78**  
**Xtra side \$2.69**

31. French vanilla mousse- \$2.69  
32. Chocolate creme ricotta-\$2.69

You can replace any entree with #11 Turkey Picadillo or #12 Masitas

## THURSDAY's Entrees

1-26-2023

**7 MAC & PICA - Cuban style penne pasta with lean turkey picadillo and parm** (Macarrones integrales con picadillo de pavo a la Cubana con parmesano)

Srvg:10ozCals:392Fat:10gCarbs:45gSodium:690Prot26

**8 "ARROZ CON PESCADO"** - Spanish style yellow rice and tilapia. (Arroz amarillo con tilapia a la Española)

Srvg:9oz Cals:323Fat:8Carbs:38Sodium:470Protein: 12

Entree	Side 1	Side 2	Side 3	Xtras

## FRIDAY's Entrees

1-27-2023

**9 ROPA VIEJA** shredded breast of chicken in a tomato creole sauce (Ropa Vieja de pechuga de pollo)

Srvg:8oz Cals:289 Fat:9 Carbs:10 Sodium:689 Prot:23

**10 AMERICAN NEST - turkey picadillo BBQ over a nest of mashed potato topped with cheddar cheese** (Nido Americano - Picadillo de pavo en salsa BBQ ligera sobre un nido de pure de papa cubierto con queso cheddar)

Srvg:10ozCals:245Fat:4 Carbs:20 Sodium:483Protein:16

Entree	Side 1	Side 2	Side 3	Xtras

2023-3-WEB

Orders after 2pm Friday - Choices may be replaced for Monday **SIDES FOR THIS WEEK: Choose three (3) per person** Any modification to order is 48 hours in advance

### 20. CHICKEN NOODLE SOUP

(Sopa de pollo) Cals: 95 - 12oz

### 21. ITALIAN CREAM OF SPLIT PEA

(Crema de chicharos Italiana) Cals: 95 - 8oz

### 22. LENTIL SOUP (Potaje de lentejas)

Cals: 98- 8oz

### 23. BLACK BEANS SOUP

(Frijoles negros) Cals: 175 - 8oz

### 24. RICE (Arroz)

Cals: 290 -6oz

### 25. BROWN RICE (Arroz integral)

Cals: 290- 6oz

### 26. SMASHED POTATO

(Papa machacada) Cals: 113 -6oz

### 27. SWEET POTATO PUREE

(Puree de boniato amarillo) Cals: 65 -4oz

### 28. TEXMEX CHOPPED SALAD

(Ensa picadita Texmex) Cals: 49 -4oz

### 29. GRILLED GREEN BEANS

(Habichuelas a la plancha) Cals: 125 -4oz

### 30. COCONUT MOUSSE

(Mousse de coco) Cals:145-4oz

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