

## ENTREES

## Choose one (1) each day

## ENTREES

9-18-2023 **MONDAY**

**1 PEPERONATA** - shredded breast of chicken in a light red roasted sauce & parm  
 (Pechuga de pollo desmenuzada en salsa ligera de pimientos morrones con parmesano)

Srvg:6oz Cals:281Fat:14 Carbs:5 Sodium:857 Protein:30

**2 ARROZ CON POLLO** - yellow rice and breast of chicken morsels  
 (Arroz amarillo integral con masitas de pechuga de pollo)

Srvg:9ozCals:325Fat:10 Carbs:36 Sodium:575Protein:17

9-19-2023 **TUESDAY**

**3 GRILLED ITALIAN STYLE TURKEY PICADILLO** w/onions & sweet green peppers  
 (Picadillo de pavo a la italiana con cebollita y ajies verdes a la plancha)

Srvg:5 oz Cals:242Fat:6 Carbs:0 Sodium:542 Protein:26

**4 TAMAL EN CAZUELA** - with chicken - Cuban style cornmeal.  
 (Tamal en cazuela con pollo)

Srvg:9ozCals:293Fat:10 Carbs:38Sodium:553Protein:18

9-20-2023 **WEDNESDAY**

**5 CHICKEN CHILINDRON** with tomato, wine, onions and sweet pepper  
 (Chilindron de masitas de pechuga de pollo con cebolla, ají verde, vino y tomate)

Srvg:8oz Cals:295 Fat:9 Carbs:15 Sodium:545Protein:28

**6 MAC & PICA** - lean ground turkey in a Cuban style sauce topped with parmesan  
 (Coditos integrales con picadillo de pavo en salsa a la cubana cubierto con parmesano)

Srvg:10ozCals:258 Fat:12Carbs:38Sodium:589Protein:17

9-21-2023 **THURSDAY**

**7 MASITAS CRIOLLAS** - Grilled breast of chicken chunks  
 (Masitas de pechuga de pollo criollas a la plancha)

Srvg:5ozCals:232 Fat:11 Carbs:0 Sodium:386Protein:30

**8 CUBAN NEST** - Breast of chicken Ropa Vieja over a nest of mashed potato  
 (Nido Cubano - Ropa vieja de pechuga de pollo sobre un nido de pure de papa)

Srvg:9oz Cals:244 Fat:4Carbs:26 Sodium:490 Protein:20

9-22-2023 **FRIDAY**

**9 "CREAMY" BASIL PESTO CHICKEN** - shredded breast of chicken  
 (Pechuga de pollo desmenuzada en salsa cremosa ligera de albahaca Pesto y parmesano)

Srvg:5ozCals:255Fat:13 Carbs:8g Sodium:649Protein:30

**10 SPAGHETTI ARRABIATA** with tomato, onions, roasted garlic, red wine, fresh basil & parmesan  
 (Espaguettis Arrabiata con tomates, cebollitas, ajo asado, vino tinto, albahaca fresca, parmesano)

Srvg:10ozCals:417Fat:13 Carbs:45 Sodium:589Protein:9

## SIDES

### Choose three (3) each day

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

Orders after 2pm Fri. may have their choices replaced for Monday

**20. CHICKEN NOODLE SOUP**  
 (Sopa de pollo y fideos)  
 Cals: 95- 8oz

**21. CREAM OF SPLIT PEA & CILANTRO**  
 (Crema de chicharo con cilantro)  
 Cals: 98- 8oz

**22. RED BEAN SOUP**  
 (Frijol colorados)  
 Cals: 175 -8oz

**23. LENTILS** (Lentejas)  
 Cals: 78- 8oz

**24. RICE** (Arroz)  
 Cals: 290-6oz

**25. BROWN RICE**  
 (Arroz integral)  
 Cals: 290- 6oz

**26. SPANISH STYLE POTATO**  
 (Papitas a la Española)  
 Cals: 165 -6oz

**27. SWEET POTATO PUREE**  
 (Pure de boniato amarillo)  
 Cals: 140 -6oz

**28. TOMATO SALAD w/cilantro & onions**  
 (Ensa. de tomate con cilantro y cebollitas)  
 Cals: 65 -4 oz

**29. VANILLA CREME RICOTTA**  
 (Crema de ricotta de Vainilla)  
 Cals: 145-4oz

**30. COCONUT MOUSSE**  
 (Mousse de coco)  
 Cals: 165 - 4oz