

**ENTREES**

**Choose one (1) each day**

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**11-20-2023**

**MONDAY**

- 1 FRICA-PICA Turkey picadillo fricassee with veggies and grains**  
Fricassee de Picadillo de pavo con vegetales y granos)

Srvg:6 Cals:220 Fat:10 Carbs:11 Sodium:573 Protein:17

- 2 CHEESE RAVIOLIS in a light pink sauce topped with parmesan**  
(Raviolis de queso cubiertos en salsa rosada ligera y parmesano)

Srvg:8oz Cals:311 Fat:13 gCarbs:59 Sodium:394Prot: 5

**11-21-2023**

**TUESDAY**

- 3 MASITAS AL AJILLO - grilled and topped with a light creamy garlic sauce**  
(Pechuga de pollo desmenuzada en salsa cremosa ligera al Ajillo)

Srvg:6ozCals:294Fat:14Carbs:2 Sodium:754 Protein:30

- 4 MIAMI NEST - Turkey picadillo fricassee over a nest of mashed potatoes**  
(Nido Miami - Fricassee de picadillo de pavo sobre un nido de pure de papas)

Srvg:9oz Cals:280Fat:8 Carbs:20 Sodium:483 Protein:16

**11-22-2023**

**WEDNESDAY**

- 5 MASITAS MARINARA - grilled breast of chicken topped w/sauce & parm**  
(Masitas de pechuga de pollo a la plancha cubiertas en salsa y parmesano)

Srvg:5ozCals:235Fat:13 Carbs:3 Sodium:649 Protein:30

- 6 SPANISH STYLE TUNA SALAD on a bed of diced potatoes topped w/onions & dressing**  
(Ensalada de atun a la Española sobre papitas al vapor cubierta con cebollita y aderezo)

Srvg:9ozCals:425Fat:14 Carbs:25 Sodium:439 Protein:18

*Has cilantro*

**11-23-2023**

**THURSDAY**

- 7 PULPETA- Cuban style turkeyloaf**  
(Albondigon de picadillo de pavo estilo Cubano)

Srvg:5oz Cals:181Fat:9 Carbs:25 Sodium:389 Protein:22



- 8 CHICKEN PARMESAN RISOTTO**  
(Arroz con pollo Parmesano Risotto)

Srvg:10ozCals:289Fat:10 Carbs:20 Sodium:483 Protein:15

*Happy Thanksgiving*

*brown rice*



**11-24-2023**

**FRIDAY**

- 9 MASITAS MEXICANAS- grilled breast of chicken chunks topped with cilantro mojo**  
(Masitas de pechuga de pollo a la mexicana a la plancha con mojo de cilantro)

Srvg:5oz Cals:236 Fat:13 Carbs:0 Sodium:477 Protein:30

- 10 MAC & CHICKEN FLORENTINE**  
shredded breast of chicken & spinach w/light parmesan sauce  
(Macarrones con pollo desmenuzado y espinaca en salsa parmesana ligera)

Srvg:9.5ozCals:359Fat:15 Carbs:39 Sodium:395 Protein:15

*Wholegrain pasta*

**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. CREAM OF GARBANZO**  
(Crema de garbanzo)  
Cals: 140- 8oz

- 21. SPLIT PEA SOUP**  
(Potaje de chicharos)  
Cals: 80 - 8oz

- 22. BLACK BEAN SOUP**  
(Frijoles negros)  
Cals: 175- 8oz

- 23. RICE** (Arroz)  
Cals: 290- 8oz

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

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

- 26. STEAMED YUCA** *w-a light mojo*  
(Yuca al vapor)  
Cals: 145 -6oz

- 27. "FUFU" MASHED PLANTAINS**  
(Fufu de platano)  
Cals: 95- 4oz

- 28. TOMATO SALAD- with cilantro and onions**  
(Ensa de tomates con cilantro y cebollitas)  
Cals: 65-4oz

- 29. GRILLED GREEN BEANS**  
(Habichuelas a la plancha)  
Cals: 85 -4oz

- 30. RICE PUDDING**  
(Arroz con leche)  
Cals: 135 -4oz

- 31. PUMPKIN SPICE PUDDING**  
(Natilla de calabaza)  
Cals: 145 -4oz

