

5 days \$66.89 per person

4 days \$53.46 per person

Xtra entree \$6.78

Xtra side \$2.69

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

12-4-2023

MONDAY

- 1 TURKEY PICADILLO MARINARA** with chic peas topped with parmesan
(Picadillo de pavo Marinara con garbanzos y parmesano)

Srvg:7ozCals:295Fat:12 Carbs:22 Sodium:696Protein:26

- 2 RAVIOLIS AL PESTO**-cheese raviolis in fresh basil light creamy sauce & parm
(Raviolis de queso al pesto - en salsa cremosa ligera de albahaca y parmesano)

Srvg 9oz Cals:240 Fat: 9 Carbs:56 Sodium:416 Protein:8

12-5-2023

TUESDAY

- 3 MASITAS PARMESAN** grilled breast of chicken chunks in a light creamy sauce
(Masitas de pechuga de pollo a la plancha en salsa Parmesana ligera)

Srvg:5ozCals:241Fat: 13 Carbs:3 Sodium:698 Protein:30

- 4 CILANTRO TILAPIA** - oven baked with garlic and fresh cilantro
(Tilapia horneada con cilantro, ajo y aceite de oliva)

Srvg:5oz Cals:341 Fat:10 Carbs:0 Sodium:391 Protein:24

12-6-2023

WEDNESDAY

- 5 CREOLE TURKEY MEATBALLS** -
(Albondigas de pavo a la criolla)

Srvg:6oz Cals:206 Fat:10Carbs:19Sodium:497Protein:15

- 6 MEDITERRANEAN RICE AND CHICKEN** with curry and cilantro
(Arroz con pollo Mediterraneo con curry y cilantro)

Srvg 10oz Cals:285 Fat:4 Carbs:48 Sodium:636 Protein:19

12-7-2023

THURSDAY

- 7 BBQ PULLED BREAST OF CHICKEN**
(Pechuga de pollo desmenuzada en salsa BBQ)

Srvg:8oz Cals:297 Fat:9 Carbs:20 Sodium:559 Protein:23

- 8 SPAGHETTI PUTTANESCA**-w/tomato black olives, fresh basil,olive oil,garlic parm
(Espaguettis Puttanesca con tomate, aceitunas negras, albahaca fresca,ajo aceite de olive, parm)

Srvg:10oz Cals:258 Fat:12 Carbs:34 Sodium:589Protein:7

12-8-2023

FRIDAY

- 9 MASITAS TERIYAKI** - grilled breast of chicken w/onions, sweet green peppers
(Masitas Teriyaki a la plancha con cebollitas y aji verde)

Srvg:6 ozCals:295Fat:11 Carbs:0 Sodium:694Protein:30

- 10 CHICKEN & GRAVY OVER MASHED POTATO**
(Pechuga de pollo desmenuzada con gravy sobre un nido de pure de papas)

Srvg: 9oz Cals:325 Fat:12 Carbs:25Sodium:439 Protein:18

SIDES -

Choose three (3) p/person

Orders after 2 pm Friday may have their choices replaced for Monday
Any modification to order is 48 hours in advance

We reserve the right to changes in menu without prior notice

20. CREAM OF VEGETABLES

(Crema de vegetales)

Cals: 125- 8oz

21. GARBANZO SOUP

(Potaje de garbanzos)

Cals: 198- 8oz

22. SPLIT PEA SOUP

(Potaje de chicharos)

Cals: 80 - 8oz

23. RICE (Arroz)

Cals: 290 - 6oz

24. BROWN RICE

(Arroz integral)

Cals: 290 - 6oz

25. REAL MASHED POTATO

(Pure de papa)

Cals: 145-6oz

26. MASHED PLANTAINS

"FUFU"

(Fufu de platano)

Cals: 95- 4oz

27. GRILLED GREEN BEANS

(Habichuelas a la plancha)

Cals: 85- 4oz

28. ELBOW PASTA SALAD

sweet peas, onions, celery

light mayo wholegrain pasta

(Ensa coditos integrales,

petit poi, cebollitas, celery

mayo ligera) Cals: 130- 4oz

29. RICE PUDDING

(Arroz con leche)

Cals: 110 -4oz

30. DARK CHOCOLATE MOUSSE

(Mousse de chocolate)

Cals: 145- 3oz

2023-5-