

ENTREES

Choose one (1) each day

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12-11-2023 **MONDAY**

1 MASITAS PEPPERONATA - breast of chicken chunks in a light red roasted pepper sauce and parm
(Masitas de pechuga de pollo a la plancha en salsa ligera de pimientos morrones c/parmesano)

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

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

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

12-12-2023 **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 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

12-13-2023 **WEDNESDAY**

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

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

6 SPAGHETTI & CREAMY TUNA PARMESAN
(Espaguettis integrales con atun en salsa cremosa parmesana ligera)

Srvg:10ozCals:225 Fat:8 Carbs:28Sodium:346Protein:18

12-14-2023 **THURSDAY**

7 PULPETA-Cuban style turkeyloaf
(Albondigon de picadillo de pavo a la Cubana)

Srvg:5ozCals:181Fat:9 Carbs:25gSodium:389Protein:22

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

12-15-2023 **FRIDAY**

9 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

10 NAPOLITANA-elbow pasta with shredded breast of chicken in sauce with parm
(Coditos integrales con pollo en salsa Napolitana cubierto con parmesano)

Srvg:10ozCals:393Fat:9 Carbs:38 Sodium:553Protein:18

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. RICE (Arroz) Cals: 290- 6oz

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

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

26. SWEET POTATO PURE
(Pure de boniato amarillo) Cals: 140 -6oz

27. GRILLED ZUCCHINI
(Zucchini a la plancha) Cals: 85 -4oz

28. PICADITA SALAD w/onions celery, cabbage, red roasted pepper, garlic, olive o
(Ensa. Picadita c/cebollitas, celery, col, pimientos morrones)
Cals: 95 -4 oz

29. VANILLA CREME RICOTTA
(Crema de ricotta de Vainilla) 7g protein Cals: 145-4oz

30. COCONUT MOUSSE
(Mousse de coco) Cals: 135 - 4oz