

ENTREES

Choose one (1) each day

ENTREES

2-12-2024

MONDAY

- 1 FRICA-PICA Turkey picadillo fricasee 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

2-13-2024

TUESDAY

- 3 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

- Has cilantro*
4 TILAPIA IN "SALSA VERDE" with diced potatoes
(Tilapia en Salsa Verde con papitas)

Srvg:5ozCals:260Fat:10 Carbs:9 Sodium:429 Protein:18

Happy Valentine's 2-14-2024

WEDNESDAY

- 5 ITALIAN TURKEY LOAF topped with Marinara sauce & parmesan**
(Albondigon de picadillo de pavo cubierto con salsa Marinara y parmesano)

Srvg:5oz Cals:325Fat:9 Carbs:26 Sodium:499 Protein:25

- Wholegrain pasta*
6 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:15Carbs:39Sodium:395 Protein:15

2-15-2024

THURSDAY

- 7 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

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

Srvg:10ozCals:398Fat:14 Carbs:39 Sodium:591 Protein:24

2-16-2024

FRIDAY

- 9 AJILLO-shredded breast of chicken in a light creamy garlic sauce**
(Pechuga de pollo desmenuzada en salsa cremosa ligera al Ajillo)

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

- 10 MIAMI NEST - Turkey picadillo fricasee 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

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 CREAM OF LENTILS**
(Crema de lentejas)
Cals: 90- 8oz

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

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

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

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

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

- 27. STEAMED YUCA** *w-a light mojo*
(Yuca al vapor) Cals: 185 -6oz

- 28. TOMATO SALAD- with onions, garlic & olive oil**
(Ensa de tomates con cebollitas, ajo y aceite de O)
Cals: 65-4oz

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

- 30. CHOCOLATE CREME RICOTTA**
(Crema de ricotta de chocolate)
Cals: 140 -4oz

- 31. RICE PUDDING** *w/Splenda 1% milk*
(Arroz con leche) Cals: 145 -4oz

