

## ENTREES

## Choose one (1) each day

## ENTREES

4-1-2024

**MONDAY**

w/brown rice

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

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

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

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

4-2-2024

**TUESDAY**

### GRILLED ITALIAN STYLE TURKEY

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

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

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

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

4-3-2024

**WEDNESDAY**

wholegrain pasta

**5 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)

**6 MAC & PICA**-elbow pasta w/Cuban style turkey picadillo in sauce topped with parm  
 (Coditos integrales con picadillo de pavo a la Cubana en salsa cubierto con parmesano)

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

Srvg:10ozCals:453 Fat:9 Carbs:38Sodium:553Protein:18

4-4-2024

**THURSDAY**

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

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

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

4-5-2024

**FRIDAY**

w/brown rice

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

**10 ARROZ CON PESCADO**- Spanish style yellow rice and fish chunks  
 (Arroz integral con pescado a la Española)

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

Srvg:9ozCals:323Fat:9 Carbs:28 Sodium:499Protein:20

## 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 SPLIT PEA & CILANTRO**

(Crema de chicharos y cilantro)  
**Cals: 98- 8oz**

**21. GALICIAN STEW-vegetarian**

(Caldo Gallego - vegetariano)  
**Cals: 168- 8oz**

**22. LENTIL SOUP**

(Potaje de lentejas) **Cals:89 -8oz**

**23. RICE** (Arroz)

**Cals: 290- 6oz**

**24. BROWN RICE**

(Arroz integral) **Cals: 290-6oz**

**25. STEAMED POTATOES**

(Papitas al vapor) **Cals: 145-6oz**

diced w/ a light mojo

**26. MASHED PLATAINS "FUFU"**

(Fufu de platan) **Cals: 95 -4oz**

**27. CARROT & SWEET POTATO PURE**

(Pure zanahoria y boniato amarillo)  
**Cals: 125 -4oz**

**28. GRILLED VEGGIES & GRAINS**

(Vegetalitos y granos a la plancha)  
**Cals: 85 -4oz**

**29. TOMATO SALAD-cilantro,onion, garlic, O oil**

(Ensa de tomate-cilantro, cebolla, ajo, aceite de oliva) **Cals: 65 -4 oz**

**30. VANILLA CREME RICOTTA**

(Crema de ricotta de vainilla)  
**7g protein Cals: 145 - 4oz**

2024-1-