



Lunch December 3, 2018 Lunch December 4, 2018 Lunch December 5, 2018 Lunch December 6, 2018 Lunch December 7, 2018

ARROZ IMPERIAL
Slow Cooked Beef with onion, peppers topped with cheddar cheese
350Cal, 15gFat, 18gCarb, 2gFib, 30gProt, 140mgSod

TOMATO, CUCUMBER ONION SALAD
Mixed of diced cucumber, onion and tomato tossed with olive oil and balsamic vinegar .
200Cal, 18gFat, 7gCarb, 3gFib, 6gProt, 85mgSod

GOLDEN SOUP
Savory soup made with pumpkin, onion, carrot.
40Cal, 0gFat, 8gCarb, 1gFib, 1gProt, 0mgSod

BREAD PUDDING WITH FRUIT
Traditional vanilla bread pudding with diced pineapple, golden raisin, pear .
110Cal, 2.5gFat, 21gCarb, 1gFib, 2gProt, 25mgSod

TURKEY MEATLOAF
Ground Turkey seasoned with herb and spices smoother with tomato ketchup.
220Cal, 8gFat, 1gCarb, 0gFib, 32gProt, 75mgSod

DUO MASHED POTATO
Silky swirl of sweet potato and Idaho potatoes mash with butter and cream.
150Cal, 0gFat, 32gCarb, 2gFib, 6gProt, 15mgSod

VEGETABLE CREAM SOUP
Array of vegetable puree
140Cal, 0gFat, 23gCarb, 6gFib, 9gProt, 10mgSod

ORANGE FLAN
A delicious smooth fresh orange segments flan.
60Cal, 8gFat, 7gCarb, 1gFib, 2gProt, 25mgSod

TORTILLA ESPANOLA
Spanish omelet with potatoes and onions, smoked turkey and cheese.
220Cal, 8gFat, 1gCarb, 0gFib, 32gProt, 75mgSod

BABY ARUGULA AND FENNEL SALAD
Silky Thinly sliced fennel with toasted almonds and orange segments with creamy Italian vinaigrette
150Cal, 0gFat, 32gCarb, 2gFib, 6gProt, 15mgSod

TOMATO BASIL SOUP
Creamy soup with tomato and basil.
140Cal, 0gFat, 23gCarb, 6gFib, 9gProt, 10mgSod

FRUIT MEDLEY
A fresh mix of fruits with a hint of mint.
60Cal, 8gFat, 7gCarb, 1gFib, 2gProt, 25mgSod

BAKED CHICKEN WITH CILANTRO SAUCE
Seared and Baked chicken breast with a light creamy cilantro sauce.
270Cal, 15gFat, 3gCarb, 1gFib, 27gProt, 190mgSod

ARROZ FESTIVAL
Fluffy steamed white rice with corn, peas, herbs, pepper and onion.
80Cal, 0gFat, 18gCarb, 1gFib, 2gProt, 5mgSod

CREAM OF SPINACH
Silky and rich cream of spinach with peppers, onion and garlic.
150Cal, 0gFat, 38gCarb, 0gFib, 0gProt, 80mgSod

CAFÉ CON LECHE
Smooth espresso cream and amaretto.
190Cal, 12gFat, 13gCarb, 1g Fib, 8gProt, 135mgSod

BERMUDA BAKED SHRIMP
Baked shrimp topped with onion, bell pepper and parsley.
90Cal, 3.5gFat, 2gCarb, 0gFib, 8gProt, 340mgSod
[Alternative Main Dish :](#)

BERMUDA BAKED CHICKEN
Baked chicken topped with onion, bell pepper and parsley.
260Cal, 8gFat, 2gCarb, 1gFib, 44gProt, 390mgSod

STEAMED CARIBBEAN VEGETABLES
Steamed broccoli, yellow carrots, whole green beans and red peppers.
50Cal, 0gFat, 10gCarb, 3gFib, 3gProt, 35mgSod

CARAMELIZED ONION SOUP
Savory soup made with Sherry wine, caramelized onion and cheese croutons
40Cal, 0gFat, 8gCarb, 1gFib, 1gProt, 0mgSod

PASSION FRUIT MOUSSE
Silky mousse of tangy passion fruit
190Cal, 3.5gFat, 23gCarb, 1gFib, 1gProt, 10mgSod

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PENNE PASTA IN A VODKA SAUCE
Sautee Shallots , prosciutto ham, tomato in a light vodka tomato cream sauce.
230Cal, 8gFat, 4gCarb, 2gFib, 38gProt, 140mgSod

ROMAINE SALAD
Crisp Romaine lettuce, Julianne onion, cherry tomato, ranch dressing.
70Cal, 4gFat, 6gCarb, 3gFib, 3gProt, 20mgSod

BACON WRAPPED CHICKEN
Chicken breast wrapped with crispy bacon and sweet chili sauce.
350Cal, 2gFat, 21gCarb, 0gFib, 47gProt, 660mgSod

SAUTEED ZUCCHINI AND TOMATO
Sautéed with garlic and fresh herbs.
220Cal, 2.5gFat, 42gCarb, 2gFib, 5gProt, 5mgSod

BEEF STEAK FAJITAS
Mexican seasoned beef steak cooked with onions and peppers.
730Cal, 16gFat, 103gCarb, 5gFib, 45gProt, 110mgSod

REFRIED BEANS
Mashed red kidney beans flavored with onions, garlic and cumin.
120Cal, 10gFat, 8gCarb, 2gFib, 2gProt, 5mgSod

ROASTED TURKEY MADEIRA
Sautee Mushroom, Madeira wine, onion, garlic, fresh sage.
350Cal, 2gFat, 21gCarb, 0gFib, 47gProt, 660mgSod

SAUTEED SICILIAN VEGETABLES
Sautéed green beans, carrots, cauliflower, red peppers, yellow peppers and onions.
220Cal, 2.5gFat, 42gCarb, 2gFib, 5gProt, 5mgSod

APRICOT ROASTED PORK
Marinated pork tenderloin with spices and with a light apricot sauce.
210Cal, 9gFat, 5gCarb, 2gFib, 31gProt, 140mgSod

HERBS ISRAELI COUS COUS
Craisin, fresh baby spinach and red pepper.
210Cal, 1.5gFat, 42gCarb, 3gFib, 5gProt, 5mgSod

****Menu is subject to change** 49-B**