



**COOKING UP  
TASTY  
HEALTHY  
FRESH**



**Lunch December 10, 2018**

**RIGATONI TOMATO AND FRESH MOZZARELLA**

Homemade tomato sauce, mozzarella and fresh basil.

*280Cal, 94gFat, 6gCarb, 1gFib, 36gProt, 140mgSod*

**MEDITERRANEAN SALAD**

Kalamata Olive, Garbanzo Beans, Tomato and feta cheese

*30Cal, 0gFat, 7gCarb, 2gFib, 0gProt, 20mgSod*

**MINISTRONE SOUP**

Light Tomato broth with vegetables, beans and tiny pasta.

*120Cal, 3gFat, 16gCarb, 4gFib, 5gProt, 80mgSod*

**MOCHA EXPRESSO DELIGHT**

Chocolate mousse infused with a hint of coffee.

*70Cal, 2.5gFat, 8gCarb, 1gFib, 4gProt, 110mgSod*

**Lunch December 11, 2018**

**BAKED LEMON CHICKEN**

Chicken breast and topped with thyme and lemon.

*300Cal, 10gFat, 0gCarb, 0gFib, 35gProt, 0mgSod*

**ROASTED POTATO**

Roasted with paprika and olive oil.

*360Cal, 1gFat, 74gCarb, 3gFib, 8gProt, 0mgSod*

**HEARTY LENTIL SOUP**

Green Lentils with fresh vegetables, herbs and spices.

*60Cal, 1.5gFat, 8gCarb, 3gFib, 3gProt, 0mgSod*

**CARROT CAKE**

Tasty cake made with fresh carrots.

*60Cal, 4gFat, 8gCarb, 0gFib, 2gProt, 25mgSod*

**Lunch December 12, 2018**

**STUFFED PLANTAINS PICADILLO**

Caribbean plantain mash topped with a turkey picadillo, onions and bell peppers.

*480Cal, 27gFat, 12gCarb, 3gFib, 41gProt, 50mgSod*

**SPINACH SALAD**

Fresh spinach, carrots and cherry tomatoes with a balsamic vinaigrette.

*160Cal, .5gFat, 33gCarb, 1gFib, 3gProt, 0mgSW*

**WHITE BEAN AND CHORIZO**

Savory creamy white bean soup with collards, celery, onions, diced chorizo, and oregano.

*70Cal, 1gFat, 13gCarb, 5gFib, 2gProt, 240mgSod*

**TROPICAL PEAR**

Velvety pears topped with a tropical fruit salsa.

*70Cal, 2.5gFat, 8gCarb, 1gFib, 4gProt, 110mgSod*

**Lunch December 13, 2018**

**BEEF ROPA VIEJA**

Shredded beef cooked with green peppers and onions.

*280Cal, 94gFat, 6gCarb, 1gFib, 36gProt, 140mgSod*

**STEAMED WHITE RICE**

Fluffy steamed white rice.

*30Cal, 0gFat, 7gCarb, 2gFib, 0gProt, 20mgSod*

**PLANTAIN SOUP**

Light savory soup made with plantains and vegetables.

*120Cal, 3gFat, 16gCarb, 4gFib, 5gProt, 80mgSod*

**TRES LECHE**

A sponge cake soaked in a creamy three milk mixture with a cherry on top

*70Cal, 2.5gFat, 8gCarb, 1gFib, 4gProt, 110mgSod*

**Lunch December 14, 2018**

**FISH WITH WHITE WINE BUTTER SAUCE**

Fresh Cut Corvina baked and light white wine sauce.

*220Cal, 9gFat, 7gCarb, 2gFib, 26gProt, 120mgSod*  
*Alternative Main Dish :*

**SEARED CHICKEN BREAST WITH WHITE WINE BUTTER SAUCE**

Seasoned and seared chicken breast with white wine sauce.

**STEAMED GARLIC BROCCOLI**

Freshly steamed broccoli with garlic.

*60Cal, 1gFat, 9gCarb, 3gFib, 3gProt, 25mgSod*

**CAULIFLOWER SOUP**

Silky puree of cauliflower .

*60Cal, 1gFat, 9gCarb, 3gFib, 3gProt, 25mgSod*

**STRAWBERRY PARFAIT**

Layer of homemade strawberry compote, plain yogurt and strawberry sauce .

*60Cal, 1gFat, 12gCarb, 2gFib, 2gProt, 20mgSod*

**Dinner December 10, 2018**

**ASADO NEGRO**

Roast beef slowly simmered with onion peppers, sugar cane.

*730Cal, 16gFat, 103gCarb, 5gFib, 45gProt, 110mgSod*

**SCALLION MASHED POTATO**

Red Bliss Potato cooked with butter and cream lightly seasoned and scallion

*120Cal, 10gFat, 8gCarb, 2gFib, 2gProt, 5mgSod*

**Dinner December 11, 2018**

**SEAFOOD PAELLA**

Sautee Shrimp, Mussels and Calamari rings over long grain rice with peas and tomatoes

*180Cal, 2.5gFat, 6gCarb, 1gFib, 29gProt, 110mgSod*

**SWEET PLANTAINS**

Baked golden brown

*200Cal, 0gFat, 44gCarb, 5gFib, 5gProt, 15mgSod*

**Dinner December 12, 2018**

**SWEET AND SOUR CHICKEN**

Chicken breast sauté with our tangy sweet and sour sauce

*540Cal, 16gFat, 34gCarb, 2gFib, 56gProt, 660mgSod*

**JASMINE RICE**

Fluffy steam Jasmine scent rice

*150Cal, 1.5gFat, 30gCarb, 2gFib, 6gProt, 20mgSod*

**Dinner December 13, 2018**

**SPAGHETTI WITH MEATBALL**

Turkey Meatballs season cooked in a fresh tomato sauce served with spaghetti.

*290Cal, 10gFat, 18gCarb, 3gFib, 25gProt, 90mgSod*

**SPRING MIX SALAD**

A Mixed of fresh Iceberg and spring mix lettuce with tomato, cucumber carrot and Blueberry vinaigrette .

*25Cal, 0gFat, 2gCarb, 1gFib, 1gProt, 5mgSod*

**Dinner December 14, 2018**

**BBQ PULLED PORK WITH BUN**

Slow cooked pork onion and spices with traditional BBQ sauce.

*210Cal, 9gFat, 5gCarb, 2gFib, 31gProt, 140mgSod*

**SWEET POTATO WEDGES**

Baked sweet potato fries lightly seasoned.

*210Cal, 1.5gFat, 42gCarb, 3gFib, 5gProt, 5mgSod*

**\*\*Menu is subject to change\*\* 50-C**