



**COOKING UP
TASTY
HEALTHY
FRESH.**



Lunch January 14, 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

BROCCOLI AND CHEDDAR

Light creamy broccoli and sharp cheddar cheese.

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 January 15, 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 January 16, 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

RASPBERRY CHEESECAKE

Graham cracker, cheesecake and fresh Raspberry compote

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

Lunch January 17, 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 January 18, 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 January 14, 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 January 15, 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 January 16, 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 January 17, 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 January 18,

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** 03-C**