



**COOKING UP
TASTY
HEALTHY
FRESH**



Lunch February 4, 2019 Lunch February 5, 2019 Lunch February 6, 2019 Lunch February 7, 2019 Lunch February 8, 2019

ASIAN STYLE PORK
Pork Loin cooked in Asian style flavors.
290Cal, 7gFat, 2gCarb, 0gFib, 31gProt, 125mgSod

STIR FRY VEGETABLES
Snow peas, carrots and celery.
60Cal, .5gFat, 5gCarb, 2gFib, 2gProt, 0mgSod

ORIENTAL CHICKEN NOODLE SOUP
Chicken, noodles, carrots, green beans, ginger infuse soy sauce.
110Cal, 1.5gFat, 13gCarb, 1gFib, 10gProt, 35mgSod

MANDARIN ORANGE CUSTARD
A light mandarin orange custard.
170Cal, 3.5gFat, 33gCarb, 0gFib, 2gProt, 20mgSod

CREOLE TURKEY
Ground turkey with onions, celery, assorted bell pepper, tomato and carrots.
300Cal, 10gFat, 0gCarb, 0gFib, 35gProt, 0mgSod

GARLIC MASHED POTATO
Creamy and silky puree with cream and garlic.
360Cal, 1gFat, 74gCarb, 3gFib, 8gProt, 0mgSod

WHITE BEAN SOUP
Northern white beans, celery, collard green.
60Cal, 1.5gFat, 8gCarb, 3gFib, 3gProt, 0mgSod

PANATELA WITH DULCE DE LECHE
Homemade dulce de leche and light pound cake.
60Cal, 4gFat, 8gCarb, 0gFib, 2gProt, 25mgSod

ORANGE GLAZED CHICKEN
Seared Chicken breast made with citrus orange marmalade.
250Cal, .5gFat, 0gCarb, 0gFib, 52gProt, 150mgSod

ROASTED VEGETABLES MEDLEY
Yellow and Orange Carrots, Onion, Green Beans, Red Pepper
280Cal, 0gFat, 45gCarb, 0gFib, 4gProt, 0mgSod

CARROTS AND GINGER SOUP
Creamy soup of sweet carrots with ginger.
70Cal, 1gFat, 9gCarb, 4gFib, 3gProt, 55mgSod

CHOCOLATE BERRY PIE
Mouth watering chocolate pudding and graham crackers
50Cal, 1gFat, 10gCarb, 0gFib, 1gProt, 10mgSod

CARNE CON PAPAS
Traditional Cuban beef stew with potato, peppers, green olives tomatoes.
480Cal, 27gFat, 12gCarb, 3gFib, 41gProt, 50mgSod

STEAMED RICE WITH CHIVES
Steamed rice and fresh chives.
160Cal, .5gFat, 33gCarb, 1gFib, 3gProt, 0mgSod

BLACK BEAN SOUP
Savory and silky soup made with fresh Black beans, cilantro and onions.
70Cal, 1gFat, 13gCarb, 5gFib, 2gProt, 240mgSod

COFFEE FLAN
Shape Lovers espresso flavor flan.
70Cal, 2.5gFat, 8gCarb, 1gFib, 4gProt, 110mgSod

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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SIZZILING TEQUILA LIME SHRIMP
Shrimp sautéed in vibrant flavors of fresh cilantro, onion and hint of Tequila
180Cal, 2.5gFat, 6gCarb, 1gFib, 29gProt, 110mgSod

CILANTRO RICE
Long grain rice with fresh cilantro.
200Cal, 0gFat, 44gCarb, 5gFib, 5gProt, 15mgSod

CHICKEN PARMESAN
Breaded chicken breast on top of pasta with Pomodoro sauce, mozzarella and parmesan cheese.
540Cal, 16gFat, 34gCarb, 2gFib, 56gProt, 660mgSod


TRADITIONAL CAESAR SALAD
Fresh Romaine lettuce with croutons, shaved parmesan and creamy dressing
150Cal, 1.5gFat, 30gCarb, 2gFib, 6gProt, 20mgSod

CHURRASCO WITH CHIMICHURRI
Grilled Churrasco with a homemade chimichurri
270Cal, 4gFat, 36gCarb, 2gFib, 15gProt, 410mgSod

GALLO PINTO (Rice)
Traditional Red beans slowly cook with Rice and herbs
120Cal, 1.5gFat, 23gCarb, 8gFib, 7gProt, 50mgSod

SWISS TURKEY BURGER
Turkey patty with a whole wheat bun, Swiss cheese, lettuce, tomato and onion.
290Cal, 10gFat, 18gCarb, 3gFib, 25gProt, 90mgSod

LATIN COLE SLAW
Cole slaw made with cabbage, onions, carrots.
25Cal, 0gFat, 2gCarb, 1gFib, 1gProt, 5mgSod

BOURBON CHIPOTLE PORK TENDERLOIN 
Cooked smoked jalapeño, fresh herbs and spices.
360Cal, 13gFat, 4gCarb, 1gFib, 50gProt, 120mgSod

MAC AND CHEESE
Elbow pasta with home made cheddar cheese sauce.
140Cal, 2gFat, 21gCarb, 5gFib, 7gProt, 20mgSod

****Menu is subject to change** 06-A**