



Lunch February 11, 2018

Lunch February 12, 2018

Lunch February 13, 2018

Lunch February 14, 2018

Lunch February 15, 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

CHOCOLATE SURPRISE

A delicious smooth Chocolate pudding with fresh Blackberry.
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 and orange segments with creamy Italian vinaigrette
150Cal, 0gFat, 32gCarb, 2gFib, 6gProt, 15mgSod

HEARTY LENTIL SOUP

Full Flour lentil and vegetables soup.
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, 1gFib, 8gProt, 135mgSod

SALMON WITH SAFFRON CREAM SAUCE

Baked Atlantic Salmon
280Cal, 10gFat, 4gCarb, 1gFib, 41gProt, 135mgSod
Alternative Main Dish :

CHICKEN WITH SAFFRON CREAM SAUCE

Seared Chicken Breast with a saffron sauce
190Cal, 4.5gFat, 6gCarb, 1gFib, 31gProt, 210mgSod

CRISP ROMAINE LETTUCE WITH CUCUMBER AND BLACK OLIVE

Seedless cucumber with a creamy Mediterranean vinaigrette.
340Cal, 6gFat, 67gCarb, 6gFib, 0gProt, 25mgSod

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, 11mgSod

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CHICKEN FAJITAS

Mexican style seasoned chicken breast 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

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

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