



**COOKING UP
TASTY
HEALTHY
FRESH.**



Lunch March 11, 2019 Lunch March 12, 2019 Lunch March 13, 2019 Lunch March 14, 2019 Lunch March 15, 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

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 LETTUCE WITH CUCUMBER AND BLACK OLIVE
Seedless cucumber with a creamy Mediterranean vinaigrette.
340Cal, 6gFat, 67gCarb, 6gFib, 0gProt, 25mgSod

GARDEN SOUP
Mouth watering soup made with leeks, carrots, spinach and peas.
60Cal, 1gFat, 9gCarb, 3gFib, 3gProt, 25mgSod

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

Dinner March 11, 2019 Dinner March 12, 2019 Dinner March 13, 2019 Dinner March 14, 2019 Dinner March 15, 2019

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

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

ROMAINE SALAD
Crisp Romaine lettuce, cherry tomato, ranch dressing.
70Cal, 4gFat, 6gCarb, 3gFib, 3gProt, 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, 7Prot, 50mgSod

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

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

ROASTED POTATO
With paprika and olive oil.
140Cal, 2gFat, 21gCarb, 5gFib, 7gProt, 20mgSod

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