



Lunch March 18, 2019

Lunch March 19, 2019

Lunch March 20, 2019

Lunch March 21, 2019

Lunch March 22, 2019

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

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, carrots, 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

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

TOMATO BASIL SOUP

Creamy soup with tomato and basil.

140Cal, 0gFat, 23gCarb, 6gFib, 9gProt, 10mgSod

FRUIT MEDLEY

A fresh mix of fruits with a hint of mint.

60Cal, 8gFat, 7gCarb, 1gFib, 2gProt, 25mgSod3

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

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

MANGO COCONUT CREAM

Creamy dessert made with mango and coconut.

70Cal, 7gFat, 11gCarb, 1gFib, 1gProt, 20mgSod

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ASADO NEGRO

Roast beef slowly simmered with onion, peppers, and sugar cane.

350Cal, 2gFat, 21gCarb, 0gFib, 47gProt, 660mgSod

SCALLION MASHED POTATO

Red bliss potato cooked with butter and cream lightly seasoned and scallion.

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

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

ORECCHIETTE WITH CARAMILIZED ONIONS

Orecchiette blended with chicken sausage, onion and fresh herbs.

350Cal, 2gFat, 21gCarb, 0gFib, 47gProt, 660mgSod

TRADITIONAL CAESAR SALAD

Fresh romaine lettuce with croutons, shaved parmesan and creamy dressing.

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

TRI-COLOR QUINOA

Tri-color quinoa grain mixed with red onion, parsley & olive oil.

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