

| Lunch April 15, 2019 | Lunch April 16, 2019 | Lunch April 17, 2019 | Lunch April 18, 2019 | Lunch April 19, 2019 |
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**COCONUT BAKED CHICKEN**  
**Seared Baked coconut crusted chicken with sweet chili sauce.**  
 250Cal, .5gFat, 0gCarb, 0gFib, 52gProt, 150mgSod

**CARAMILED CARROTS**  
**Carrots baked in a blend of cinnamon and honey until golden.**  
 280Cal, 0gFat, 45gCarb, 0gFib, 4gProt, 0mgSod

**VEGETABLE PUREE SOUP**  
**Array of vegetable puree**  
 140Cal, 0gFat, 23gCarb, 6gFib, 9gProt, 10mgSod

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

**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

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

**RED VELVET CUPCAKE**  
**A Cupcake with a light whip cream topped with red sprinkles.**  
 60Cal, 8gFat, 7gCarb, 1gFib, 2gProt, 25mgSod

**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

**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

**\*\*Menu is subject to change\*\* 16-A**

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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

**PENNE PASTA A LA CARBONADA**  
**Penne pasta with bacon bits and vegetables.**  
 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

**DIJON CHICKEN**  
**Chicken breast topped with a creamy Dijon mustard 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 fresh herbs and spices.**  
 360Cal, 13gFat, 4gCarb, 1gFib, 50gProt, 120mgSod

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