



Lunch April 22, 2019

Lunch April 23, 2019

Lunch April 24, 2019

Lunch April 25, 2019

Lunch April 26, 2019

ARROZ CON POLLO

Spanish style yellow rice with chicken and seasonal vegetables.

350Cal, 15gFat, 18gCarb, 2gFib, 30gProt, 140mgSod

ROASTED SWEET PLANTAINS

Sliced sweet plantain's lightly roasted.

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

ROSEMARY PORK TENDERLOIN

Pork tenderloin topped with rosemary.

270Cal, 15gFat, 3gCarb, 1gFib, 27gProt, 190mgSod

ROASTED SWEET POTATO

Laced with garlic and thyme.

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 expresso cream and amaretto.

190Cal, 12gFat, 13gCarb, 1gFib, 8gProt, 135mgSod

TURKEY STUFFED PEPPER

Ground Green pepper stuffed with ground turkey, mozzarella cheese, cheddar cheese, red diced pepper, peas , carrots and onions.

220Cal, 8gFat, 1gCarb, 0gFib, 32gProt, 75mgSod

SPINACH SALAD

Fresh spinach, carrots and cherry tomatoes with a balsamic vinaigrette.

160Cal, .5gFat, 33gCarb, 1gFib, 3gProt, 0mgSW

WHITE BEAN AND CHORIZO

Savory creamy white bean soup with collards, celery, onions, diced chorizo, and oregano.

70Cal, 1gFat, 13gCarb, 5gFib, 2gProt, 240mgSod

RASPBERRY CHEESECAKE

Graham cracker, cheesecake and fresh Raspberry compote

70Cal, 2.5gFat, 8gCarb, 1gFib, 4gProt, 110mgSod

TORTELLI E PESELLI

With peas and pearl onions in a light parmesan cream sauce.

210Cal, 16gFat, 306gCarb, 1gFib, 9gProt, 45mgSod

GARLIC BREAD

Fresh Bread tossed with olive oil and Garlic.

160Cal, .5gFat, 33gCarb, 1gFib, 3gProt, 0mgSW

BROCCOLI AND CHEDDAR

Light creamy broccoli and sharp cheddar cheese.

120Cal, 3gFat, 16gCarb, 4gFib, 5gProt, 80mgSod

MOCHA EXPRESSO DELIGHT

Chocolate mousse infused with a hint of coffee.

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

MANGO COCONUT CREAM

Creamy dessert made with mango and coconut.

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

****Menu is subject to change** 17-B**

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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

ORECCHIETTE WITH CARAMILIZED ONIONS

Orecchiette blended with turkey 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

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

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

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