



**COOKING UP
TASTY
HEALTHY
FRESH**

SHAPE LOVERS

Lunch May 13, 2019 Lunch May 14, 2019 Lunch May 15, 2019 Lunch May 16, 2019 Lunch May 17, 2019

HERB CRUSTED PORK TENDERLOIN
Slow roasted, topped with a green peppercorn sauce.
210Cal, 9gFat, 5gCarb, 2gFib, 31gProt, 140mgSod

ROASTED VEGETABLES RIVIERA BLEND
A Waxed beans, green beans and baby carrots with garlic & light margarine.
30Cal, 0gFat, 7gCarb, 2gFib, 0gProt, 20mgSod

CORN CHOWDER SOUP
Creamy corn soup with vegetables.
60Cal, 1.5gFat, 8gCarb, 3gFib, 3gProt, 0mgSod

KEY LIME TART
Tangy key lime tart baked to perfection.
70Cal, 2.5gFat, 8gCarb, 1gFib, 4gProt, 110mgSod

CHICKEN PARMESAN
Shredded breaded chicken covered in tomato sauce and parmesan cheese.
280Cal, 94gFat, 6gCarb, 1gFib, 36gProt, 140mgSod

CARROT RICE
Steamed rice cooked with carrots.
210Cal, 1.5gFat, 42gCarb, 3gFib, 5gProt, 5mgSod

SPLIT PEAS SOUP
Split pea soup with carrots, onions, bell peppers, cilantro, celery and pumpkin.
120Cal, 3gFat, 16gCarb, 4gFib, 5gProt, 80mgSod

CHOCOLATE MOUSSE
An appetizing chocolate mousse with chocolate chips.
70Cal, 2.5gFat, 8gCarb, 1gFib, 4gProt, 110mgSod

SOUTHWESTERN TURKEY
Turkey made with southwestern rub.
300Cal, 10gFat, 0gCarb, 0gFib, 35gProt, 0mgSod

BLACK BEAN AND CORN SALAD
Combination of black beans, fresh cilantro, onions, roasted corn and red peppers.
360Cal, 1gFat, 74gCarb, 3gFib, 8gProt, 0mgSod

VEGETABLE MEDLEY
Seasonal vegetables in a chicken broth.
60Cal, 1.5gFat, 8gCarb, 3gFib, 3gProt, 0mgSod

PINEAPPLE UPSIDE DOWN
Shape Lovers version of a traditional pineapple upside down cake.
60Cal, 4gFat, 8gCarb, 0gFib, 2gProt, 25mgSod

MUSTARD BEEF TIPS
Beef tips in a mustard and wine sauce.
480Cal, 27gFat, 12gCarb, 3gFib, 41gProt, 50mgSod

MASHED POTATO WITH CHIVES
Red potato mashed with cream and chives.
160Cal, .5gFat, 33gCarb, 1gFib, 3gProt, 0mgSod

POTATO LEEK SOUP
Classic puree of leeks, Idaho potato and thyme.
60Cal, 1.5gFat, 8gCarb, 3gFib, 3gProt, 0mgSod

MAMEY FLAN
Creamy custard made with tropical mamey.
70Cal, 2.5gFat, 8gCarb, 1gFib, 4gProt, 110mgSod

TOMATO PESTO FISH
Lightly seasoned topped with a home-made tomato pesto sauce.
220Cal, 9gFat, 7gCarb, 2gFib, 26gProt, 120mgSod
[Alternative Main Dish :](#)

TOMATO PESTO CHICKEN
Lightly seasoned topped with a homemade pesto sauce.

SAUTEED MIXED VEGETABLES
Mixed seasonal vegetables sautéed with fresh garlic and herbs.
60Cal, 1gFat, 9gCarb, 3gFib, 3gProt, 25mgSod

MINISTRONE SOUP
Traditional Italian soup with vegetables, white beans and pasta.
60Cal, 1gFat, 9gCarb, 3gFib, 3gProt, 25mgSod

BLUEBERRY MUFFIN
Baked with fresh blueberries and topped with cream..
60Cal, 1gFat, 12gCarb, 2gFib, 2gProt, 20mgSod

****Menu is subject to change** 20-E**

Dinner May 13, 2019 Dinner May 14, 2019 Dinner May 15, 2019 Dinner May 16, 2019 Dinner May 17,

ITALIAN STYLE TURKEY
Turkey breast in a light tomato sauce with parmesan cheese.
290Cal, 10gFat, 18gCarb, 3gFib, 25gProt, 90mgSod

SAVORY YELLOW RICE
Savory yellow rice cooked with chickpeas, mixed peppers and caramelized onions.
25Cal, 0gFat, 2gCarb, 1gFib, 1gProt, 5mgSod

SALMON CAKES
Delicatessen mixed of two delicious fish with potato, green onion, celery, and red onion.
610Cal, 12gFat, 90gCarb, 7gFib, 31gProt, 590mgSod

SPINACH SALAD
With carrots and red onions with an Asian ginger dressing.
170Cal, 13gFat, 7gCarb, 2gFib, 9gProt, 80mgSod

ASIAN SWEET MEATBALLS
With edamame, teriyaki sauce, garlic, ginger.
730Cal, 16gFat, 103gCarb, 5gFib, 45gProt, 110mgSod

JASMINE RICE WITH BROCCOLI
Steamed jasmine rice with broccoli.
120Cal, 10gFat, 8gCarb, 2gFib, 2gProt, 5mgSod

ZITI PASTA
Ziti pasta with chicken strips and basil.
290Cal, 10gFat, 18gCarb, 3gFib, 25gProt, 90mgSod

PRIMAVERA ROMAINE SALAD
With mandarin oranges, dried cranberries and balsamic vinaigrette.
25Cal, 0gFat, 2gCarb, 1gFib, 1gProt, 5mgSod

ROASTED MOLASSES PORK
Smothered slices of pork caramelized with onions, celery, and carrots.
280Cal, 94gFat, 6gCarb, 1gFib, 36gProt, 140mgSod

ROASTED POTATO AND SWEET POTATO
Roasted potato and wet potato with thyme and garlic.
210Cal, 1.5gFat, 42gCarb, 3gFib, 5gProt, 5mgSod