



**COOKING UP
TASTY
HEALTHY
FRESH.**



Lunch May 20, 2019 Lunch May 21, 2019 Lunch May 22, 2019 Lunch May 23, 2019 Lunch May 24, 2019

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** 21-A**

Dinner May 20, 2019 Dinner May 21, 2019 Dinner May 22, 2019 Dinner May 23, 2019 Dinner May 24, 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

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