



**COOKING UP
TASTY
HEALTHY
FRESH**



Lunch June 10, 2019 Lunch June 11, 2019 Lunch June 12, 2019 Lunch June 13, 2019 Lunch June 14, 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

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

CUBAN CHICKEN SOUP
Classic chicken soup.
60Cal, 1.5gFat, 8gCarb, 3gFib, 3gProt, 0mgSod

MAMEY FLAN
Creamy custard made with tropical mamey.
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

GRILLED CHICKEN WITH SPINACH PESTO SAUCE
Chicken breast topped with a spinach pesto sauce.
160Cal, 0gFat, 0gCarb, 1gFib, 33gProt, 95mgSod

STEAMED BROWN RICE
Steamed brown rice.
210Cal, 1.5gFat, 42gCarb, 3gFib, 5gProt, 5mgSod

SQUASH SOUP
Creamy soup made with spinach.
60Cal, 1.5gFat, 7gCarb, 2gFib, 4gProt, 65mgSod

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

SHRIMP ALFREDO OVER SPAGHETTI
Creamy Alfredo sauce and Parmesan Cheese
320Cal, 3gFat, 44gCarb, 2gFib, 19gProt, 410mgSod

Alternative Main Dish :

CHICKEN ALFREDO OVER SPAGHETTI
Creamy Alfredo sauce and Parmesan Cheese
200Cal, .5gFat, 26gCarb, 0gFib, 41gProt, 115mgSod

MIXED GREEN WITH CARROT AND TOMATO
Crisp Mixed Lettuce with shredded carrots and Cherry Tomato with Balsamic Vinaigrette.
210Cal, 20gFat, 8gCarb, 4gFib, 3gProt, 35mgSod

ITALIAN WEDDING SOUP
Traditional, meatball, orzo pasta and vegetables.
140Cal, 0gFat, 24gCarb, 7gFib, 9gProt, 10mgSod

WALNUT BANANA CAKE
Moist banana cake baked with walnuts.
210Cal, 5gFat, 41gCarb, 1gFib, 2gProt, 20mgSod

****Menu is subject to change** 24-D**

Dinner June 10, 2019 Dinner June 11, 2019 Dinner June 12, 2019 Dinner June 13, 2019 Dinner June 14, 2019

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

SOBA NODDLES WITH TOFU
Made with buckwheat noodle with stir fried bok choy , carrots & pepper.
240Cal, 15gFat, 12gCarb, 4gFib, 15gProt, 300mgSod

MIXED VEGETABLES
Sautéed mixed Caribbean blend and Riviera blend vegetables.
60Cal, 4gFat, 6gCarb, 2gFib, 2gProt, 15mgSod



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