



**COOKING UP  
TASTY  
HEALTHY  
FRESH.**



**Lunch June 17, 2019      Lunch June 18, 2019      Lunch June 19, 2019      Lunch June 20, 2019      Lunch June 21, 2019**

**STUFFED PLANTAINS PICADILLO**

Caribbean plantains mash topped with a turkey picadillo, onions and bell peppers.  
*280Cal, 11gFat, 3gCarb, 0gFib, 40gProt, 95mgSod*

**SPINACH SALAD**

Fresh spinach, carrot and cherry tomatoes with a balsamic vinaigrette.  
*70Cal, 1.5gFat, 14gCarb, 6gFib, 2gProt, 55mgSod*

**CREAM OF YAM**

Savory traditional and light cream of yam.  
*100Cal, 1gFat, 16gCarb, 4gFib, 6gProt, 95mgSod*

**RASBERRY CHEESECAKE**

Graham cracker, cheesecake and fresh Raspberry compote.  
*130Cal, 6gFat, 8gCarb, 0gFib, 7gProt, 90mgSod*

**BEEF ROPA VIEJA**

Shredded beef cooked with green peppers and onions.  
*280Cal, 94gFat, 6gCarb, 1gFib, 36gProt, 140mgSod*

**STEAMED WHITE RICE**

Fluffy steamed white rice.  
*30Cal, 0gFat, 7gCarb, 2gFib, 0gProt, 20mgSod*

**PLANTAIN SOUP**

Light savory soup made with plantains and vegetables.  
*120Cal, 3gFat, 16gCarb, 4gFib, 5gProt, 80mgSod*

**TRES LECHE**

A sponge cake soaked in a creamy three milk mixture with a cherry on top.  
*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*

**MIXED VEGETABLE**

Sautéed mixed Caribbean blend and Rivi-era blend vegetables.  
*210Cal, 1.5gFat, 42gCarb, 3gFib, 5gProt, 5mgSod*

**THREE ONION SOUP**

Caramelized Spanish onion, red onion in a green onion broth.  
*60Cal, 1.5gFat, 7gCarb, 2gFib, 4gProt, 65mgSod*

**MANGO PANNA COTTA**

Italian cooked cream delicately infused with vanilla bean, topped with mango.  
*70Cal, 2.5gFat, 12gCarb, 1gFib, 3gProt, 60mgSod*

**ARROZ CRIOLLO WITH PORK**

Rice slowly cooked with onions, bell peppers, garlic, peas, carrots, celery and marinated pork.  
*280Cal, 94gFat, 6gCarb, 1gFib, 36gProt, 140mgSod*

**MIXED SALAD**

A mix of lettuce, cherry tomatoes, radish and thousand island dressing.  
*30Cal, 0gFat, 7gCarb, 2gFib, 0gProt, 20mgSod*

**CREAM OF MALANGA**

Cream of Malanga accented with vegetable.  
*120Cal, 3gFat, 16gCarb, 4gFib, 5gProt, 80mgSod*

**GUAVA CHEESECAKE**

topped with a guava puree.  
*70Cal, 2.5gFat, 8gCarb, 1gFib, 4gProt, 110mgSod*

**SEAFOOD PASTA IN A PINK SAUCE**

Sautéed shrimp and crab meat topped with a delicious light tomato basil cream sauce.  
*190Cal, 3gFat, 24gCarb, 1gFib, 14gProt, 520mgSod*

Alternative Main Dish :

**CHICKEN PASTA IN A PINK SAUCE**

Sautee Chicken topped with a delicious light tomato basil cream sauce.  
*220Cal, 5gFat, 17gCarb, 1gFib, 22gProt, 100mgSod*

**ITALIAN SALAD**

Fresh salad made with lettuce, red onions, black olives, green bell pepper, banana peppers and balsamic vinaigrette.  
*100Cal, 9gFat, 3gCarb, 2gFib, 1gProt, 260mgSod*

**TUSCAN VEGETABLE SOUP**

Tasty flavorful soup with Spanish onions, celery, carrots, sage and spinach.  
*45Cal, 0gFat, 8gCarb, 2gFib, 2gProt, 20mgSod*

**RED VELVET CUPCAKE**

Red velvet cupcake topped with a delicious light cream.  
*150Cal, 7gFat, 24gCarb, 1gFib, 3gProt, 170mgSod*

**\*\*Menu is subject to change\*\* 25 - E**

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**ANCHO HONEY PORK TENDERLOIN**

Slowly Roasted pork tenderloin marinated in ancho sauce & honey.  
*210Cal, 9gFat, 5gCarb, 2gFib, 31gProt, 140mgSod*

**ROASTED SWEET POTATO**

Sautéed with garlic and thyme.  
*210Cal, 1.5gFat, 42gCarb, 3gFib, 5gProt, 5mgSod*

**MUSHROOM RAVIOLI**

Topped with sautéed baby spinach in white wine butter sauce.  
*290Cal, 10gFat, 18gCarb, 3gFib, 25gProt, 90mgSod*

**BRUSSELS SPROUT AND ASPARRAGUS**

Roasted Brussel sprout and asparagus.  
*25Cal, 0gFat, 2gCarb, 1gFib, 1gProt, 5mgSod*



**ASIAN VEGETABLE BEEF**

Asian beef with an array of vegetables with a light soy sauce.  
*410Cal, 19gFat, 5gCarb, 2gFib, 58gProt, 125mgSod*

**ASIAN FRIED RICE**

Made with green onions, ginger, peas and carrots in a light soy sauce.  
*160Cal, 1gFat, 34gCarb, 1gFib, 4gProt, 0mgSod*

**SWISS TURKEY BURGER**

Turkey patty with a whole wheat bun, Swiss cheese, lettuce, tomato and onion.  
*230Cal, 7gFat, 6gCarb, 1gFib, 25gProt, 5mgSod*

**LATIN COLE SLAW**

Cole slaw made with cabbage, onions, carrot.  
*230Cal, 7gFat, 6gCarb, 1gFib, 25gProt, 5mgSod*

**SWEET AND SOUR CHICKEN**

Chicken breast sauté with our tangy sweet and sour sauce  
*540Cal, 16gFat, 34gCarb, 2gFib, 56gProt, 660mgSod*

**RICE "MONTECARLO"**

Fluffy white rice with fresh cilantro and Spanish onions.  
*150Cal, 1.5gFat, 30gCarb, 2gFib, 6gProt, 20mgSod*