



**COOKING UP
TASTY
HEALTHY
FRESH**



September 9, 2019 September 10, 2019 September 11, 2019 September 12, 2019 September 13, 2019

ORANGE GLAZED CHICKEN
Chicken breast made with orange marmalade.
260Cal, .5gFat, 3gCarb, 0gFib, 52gProt, 130mgSod

ROASTED VEGETABLES MEDLEY
Yellow and orange carrots, onion, green beans and Peppers.
90Cal, 3.5gFat, 8gCarb, 4gFib, 0gProt, 760mgSod

SPLIT PEA SOUP
Split pea soup with carrots, onions, bell peppers, cilantro, celery and pumpkin.
150Cal, .5gFat, 25gCarb, 11gFib, 10gProt, 460mgSod

STRAWBERRY MOUSSE
Mousse made with fresh strawberries.
50Cal, 1gFat, 10gCarb, 0gFib, 1gProt, 10mgSod

TURKEY SALISBURY
Ground turkey medallion topped with our homemade Gravy.
230Cal, 7gFat, 6gCarb, 1gFib, 24gProt, 200mgSod

MASHED GOLDEN POTATOES WITH PARSLEY
Smooth and creamy golden potatoes with a hint of garlic and parsley.
40Cal, 0gFat, 6gCarb, 1gFib, 1gProt, 30mgSod

CREAM OF MUSHROOM
Creamy soup made with an array of seasonal vegetables.
60Cal, 3gFat, 6gCarb, 1gFib, 2gProt, 470mgSod

CHOCOLATE CHEESECAKE
Delicious Chocolate cheesecake with a crunchy crust of graham.
180Cal, 12gFat, 10gCarb, 1gFib, 9gProt, 120mgSod

ARROZ CRIOLLO WITH PORK
Rice slowly cooked with onions, bell peppers, garlic, peas, carrots, celery and marinated pork.
260Cal, 7gFat, 22gCarb, 1gFib, 26gProt, 500mgSod

MIXED SALAD
A mix of lettuce, cherry tomatoes, radish and thousand island dressing.
180Cal, 15gFat, 8gCarb, 2gFib, 1gProt, 200mgSod

CREAM OF MALANGA
Cream of Malanga accented with vegetable.
90Cal, 2gFat, 18gCarb, 3gFib, 2gProt, 360mgSod

SLICED PEARS WITH GUAVA
Sliced pears drizzled with guava sauce.
100Cal, 0gFat, 26gCarb, 3gFib, 1gProt, 5mgSod

BEEF ROPA VIEJA
Shredded beef cooked with green peppers and onions.
440Cal, 25gFat, 3gCarb, 1gFib, 46gProt, 710mgSod

STEAMED WHITE RICE
Fluffy steamed white rice.
180Cal, 1gFat, 36g Carb, 1gFib, 4gProt, 220mgSod

PLANTAIN SOUP
Light savory soup made with plantains and vegetables.
150Cal, .5gFat, 37gCarb, 3gFib, 2gProt, 340mgSod

TRES LECHE
A sponge cake soaked in a creamy three milk mixture with a cherry on top.
170Cal, 5gFat, 28gCarb, 0gFib, 3gProt, 25mgSod

TOMATO PESTO FISH
Lightly seasoned topped with a home-made tomato pesto sauce.
210Cal, 9gFat, 4gCarb, 0gFib, 26gProt, 115mgSod
Alternative Main Dish :

TOMATO PESTO CHICKEN
Lightly seasoned topped with a homemade pesto sauce.
260Cal, 10gFat, 4gCarb, 0gFib, 39gProt, 125mgSod

BROCCOLI AND CAULIFLOWER
Tossed with garlic and olive oil.
50Cal, 1gFat, 8gCarb, 3gFib, 2gProt, 30mgSod

MINISTRONE SOUP
Traditional Italian soup with vegetables, white beans and pasta.
140Cal, 1gFat, 21gCarb, 8gFib, 7gProt, 200mgSod

BLUEBERRY MUFFIN
Baked with fresh blueberries and topped with cream..
120Cal, 2.5gFat, 23gCarb, 1gFib, 2gProt, 120mgSod

****Menu is subject to change** 37 - E**

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BLUE CHEESE WITH BEEF TIPS
Beef tips covered with blue cheese.
310Cal, 13gFat, 7gCarb, 2gFib, 38gProt, 115mgSod

BROWN RICE WITH SCALLION
Brown rice cooked with scallions.
140Cal, 1.5gFat, 29gCarb, 1gFib, 3gProt, 230mgSod

POTATO GNOCCHI
With sage butter sauce and parmesan cheese.
210Cal, 11gFat, 23gCarb, 2gFib, 4gProt, 540mgSod

PRIMAVERA ROMAINE SALAD
With mandarin oranges, dried cranberries and balsamic vinaigrette.
70Cal, 4.5gFat, 6gCarb, 2gFib, 2gProt, 5mgSod



BACON WRAPPED CHICKEN
Chicken breast wrapped with crispy bacon and sweet chili sauce.
390Cal, 8gFat, 21gCarb, 0gFib, 47gProt, 730mgSod

RICE PILAF
Rice pilaf with mushrooms, onions and green peas.
200Cal, 2.5gFat, 38gCarb, 1gFib, 5gProt, 450mgSod

TURKEY AND SPINACH STUFFED CREPE
Turkey, spinach, tomato, cream cheese and red peppers with a béchamel sauce.
360Cal, 18gFat, 18gCarb, 3gFib, 27gProt, 660mgSod

BISTRO GARDEN SALAD
Fresh salad made with lettuce, tomato, cucumber, onions and cranberry with a balsamic vinaigrette.
190Cal, 14gFat, 22gCarb, 2gFib, 1gProt, 1690mgSod

PORK TENDERLOIN WITH GUAVA BBQ
Slowly cooked pork in a homemade guava BBQ sauce.
470Cal, 17gFat, 30gCarb, 1gFib, 44gProt, 640mgSod

SAUTEED POTATO CUBES WITH ONIONS
Potato cubes with onions and oregano.
110Cal, 0gFat, 12gCarb, 4gFib, 3gProt, 10mgSod