



**COOKING UP
TASTY
HEALTHY
FRESH**



September 16, 2019 September 17, 2019 September 18, 2019 September 19, 2019 September 20, 2019

CHICKEN PARMESAN
Breaded chicken covered in tomato sauce and parmesan cheese.
540Cal, 16gFat, 34gCarb, 2gFib, 56gProt, 660mgSod

FIRE ROASTED VEGETABLES
Seasoned zucchini , squash, onions, carrots and eggplant.
60Cal, .5gFat, 8gCarb, 3gFib, 0gProt, 250mgSod

THREE ONION SOUP
Caramelized Spanish onion, red onion in a green onion broth.
45Cal, 0gFat, 6gCarb, 1gFib, 1gProt, 340mgSod

MANGO PANNA COTTA
Italian cooked cream delicately infused with vanilla bean, topped with mango.
100Cal, 4.5gFat, 10gCarb, 1gFib, 3gProt, 35mgSod

PORK CHUNK WITH MOJO
Oven roasted pork marinated with lemon and garlic.
390Cal, 15gFat, 1gCarb, 0gFib, 38gProt, 350mgSod

BROWN RICE WITH PARSLEY
Brown rice steamed in a broth with fresh parsley.
140Cal, 2gFat, 27gCarb, 1gFib, 3gProt, 115mgSod

RED BEAN SOUP
Delicious Classic stewed beans with pumpkin, potato and carrots.
80Cal, 0gFat, 14gCarb, 4gFib, 4gProt, 370mgSod

ARROZ CON LECHE
A thick and creamy rice dessert with a touch of cinnamon.
190Cal, 12gFat, 11gCarb, 2gFib, 8gProt, 130mgSod

STUFFED PLANTAINS PICADILLO
Plantain mash topped with a turkey picadillo, onions and bell peppers.
540Cal, 11gFat, 65gCarb, 6gFib, 35gProt, 1130mgSod

LETTUCE AND TOMATO SALAD
A mix of lettuce, red and yellow cherry tomatoes, and ranch dressing.
180Cal, 15gFat, 8gCarb, 2gFib, 1gProt, 200mgSod

CREAM OF YAM
Savory traditional and light cream of yam.
100Cal, 0gFat, 23gCarb, 3gFib, 2gProt, 60mgSod

TROPICAL PEAR
Velvety pears topped with a tropical fruit salsa.
110Cal, 0gFat, 27gCarb, 2gFib, 1gProt, 10mgSod

BEEF TENDERLOIN TIPS
Grilled beef tenderloin topped with a red wine demi glace.
700Cal, 17gFat, 26gCarb, 4gFib, 64gProt, 440mgSod

CHEDDAR MASHED POTATO
Red potato mashed with cheddar cheese on top.
420Cal, 2gFat, 85gCarb, 3gFib, 10gProt, 30mgSod

CREAM OF BROCCOLI AND CARROT
Light cream of broccoli, onion, carrot and celery.
150Cal, 0gFat, 2gCarb, 0gFib, 1gProt, 10mgSod

LEMON CREAM CHEESECAKE
Ricotta cheese flavored with Meyer lemons and a graham cracker crust.
70Cal, 2gFat, 11Carb, 1gFib, 3gProt, 35mgSod

SEAFOOD PASTA IN A PINK SAUCE
Penne pasta with sautéed shrimp and crab meat topped with a delicious light tomato basil cream sauce.
190Cal, 3gFat, 23gCarb, 1gFib, 14gProt, 520mgSod

Alternative Main Dish :
CHICKEN PASTA IN A PINK SAUCE
Penne pasta with sautéed Chicken topped with a delicious light tomato basil cream sauce.
220Cal, 5gFat, 17gCarb, 1gFib, 22gProt, 100mgSod

ITALIAN SALAD
Fresh salad made with lettuce, red , black olives, green bell pepper, banana peppers and balsamic vinaigrette.
110Cal, 9gFat, 3gCarb, 2gFib, 1gProt, 260mgSod

TUSCAN VEGETABLE SOUP
Tasty flavorful soup with Spanish onions, celery, carrots, sage and spinach.
110Cal, 0gFat, 17gCarb, 0gFib, 7gProt, 370mgSod

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

****Menu is subject to change** 38 - F**

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ASIAN VEGETABLE BEEF
Asian beef with an array of vegetables with a light soy sauce.
410Cal, 19gFat, 4gCarb, 2gFib, 58gProt, 125mgSod

ASIAN FRIED RICE
Made with green onions, ginger, peas and carrots in a light soy sauce.
160Cal, 1gFat, 34gCarb, 1gFib, 4gProt, 55mgSod

MUSHROOM RAVIOLI
Topped with sautéed baby spinach in white wine butter s:
280Cal, 4gFat, 40gCarb, 4gFib, 11gProt, 120mgSod

BRUSSELS SPROUT AND ASPARRAGUS
Roasted Brussel sprout and asparagus.
40Cal, 1.5gFat, 8gCarb, 4gFib, 3gProt, 245mgSod



SWEET AND SOUR CHICKEN
Chicken breast sauté with our tangy sweet and sour sauce
300Cal, .5gFat, 5gCarb, 1gFib, 53gProt, 730mgSod

RICE "MONTECARLO"
Fluffy white rice with fresh cilantro and Spanish onions.
180Cal, .5gFat, 38gCarb, 1gFib, 4gProt, 450mgSod

SWISS TURKEY BURGER
Turkey patty with a whole wheat bun, Swiss cheese, lettuce, tomato and onion.
300Cal, 10Fat, 19gCarb, 3gFib, 25gProt, 90mgSod

LATIN COLE SLAW
Cole slaw made with cabbage, onions, carrot.
20Cal, 0gFat, 1gCarb, 1gFib, 0gProt, 0mgSod

ANCHO HONEY PORK TENDERLOIN
Slowly Roasted pork tenderloin marinated in ancho sauce & honey.
250Cal, 10gFat, 3gCarb, 0gFib, 36gProt, 280mgSod

ROASTED SWEET POTATO
Sautéed with garlic and thyme.
210Cal, 6gFat, 18gCarb, 6gFib, 3gProt, 100mgSod