



March 23, 2020



March 24, 2020



March 25, 2020



March 26, 2020



March 27, 2020

4 course meals

PORK CHUNK

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

YUCCA WITH MOJO

Tender yucca with light mojo on the side.
140Cal, 2gFat, 27gCarb, 1gFib, 3gProt, 115mgSod

RED BEAN SOUP

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

TROPICAL PEAR

A velvety pears topped with a tropical fruit salsa.
190Cal, 9gFat, 23gCarb, 1gFib, 3gProt, 230mgSod

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.
50Cal, .5gFat, 8gCarb, 4gFib, 3gProt, 10mgSod

THREE ONION SOUP

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

MANGO CHEESECAKE

Light and creamy low fat cheesecake, with a fresh mango puree.
190Cal, 11gFat, 15gCarb, 1gFib, 8gProt, 125mgSod

SEARED BEEF TENDERLOIN

Beef tenderloin with wine and a demi-glaze.
350Cal, 2gFat, 21gCarb, 0gFib, 47gProt, 660mgSod

WHITE RICE WITH PEAS AND ONION

Steamed broccoli, yellow carrots, whole green beans and red peppers.
50Cal, 0gFat, 10gCarb, 3gFib, 3gProt, 35mgSod

CREAM OF GREEN PEAS

Savory soup made with peas, onions, green beans and celery.
150Cal, .5gFat, 39gCarb, 3gFib, 2gProt, 15mgSod

COCONUT FLAN

Flan with fresh coconut cream on top.
90Cal, 13gFat, 6gCarb, 0gFib, 3gProt, 25mgSod

HONEY GLAZED TURKEY

Turkey breast topped with pineapple with a light soy sauce.
210Cal, 68gFat, 10gCarb, 0gFib, 26gProt, 150mgSod

GREEN BEANS WITH ALMONDS

Sautéed green beans, toasted almonds, onions, cranberries and garlic.
60Cal, 1.5gFat, 10gCarb, 4gFib, 3gProt, 0mgSod

VEGETABLE CHOWDER

Creamy chowder with chunky seasoned vegetables and potatoes.
120Cal, 3gFat, 16gCarb, 4gFib, 5gProt, 80mgSod

RASPBERRY CUSTARD

A light creamy custard topped over with raspberries.
100Cal, 3gFat, 14gCarb, 3gFib, 3gProt, 25mgSod

SHRIMP SCAMPI

Baked shrimp topped with onion, bell pepper and parsley.
90Cal, 3.5gFat, 2gCarb, 0gFib, 8gProt, 340mgSod

Alternative Main Dish :

BAKED CHICKEN SCAMPI

Baked chicken topped with onion, bell pepper and parsley.
260Cal, 8gFat, 2gCarb, 1gFib, 44gProt, 390mgSod

ROASTED ROOT VEGETABLES

Laced with garlic and thyme.
210Cal, 6gFat, 18gCarb, 6gFib, 3gProt, 100mgSod

DOUBLE BAKED POTATO SOUP

Savory classic light puree of Idaho potatoes.
40Cal, 0gFat, 8gCarb, 1gFib, 1gProt, 0mgSod

TIRAMISU

Creamy layers of lady fingers drizzled with espresso and amaretto finished with a light cream.
70Cal, 7gFat, 11gCarb, 1gFib, 1gProt, 20mgSod

2 course meals

TURKEY WITH PEAR CHUTNEY

Roasted turkey with a pear chutney and onions.
350Cal, 2gFat, 21gCarb, 0gFib, 47gProt, 660mgSod

KALE AND ASPARAGUS SALAD

Asparagus, kale, cherry tomato with balsamic vinaigrette.
30Cal, 0gFat, 11gCarb, 3gFib, 3gProt, 460mgSod

BOLICHE ASADO

Cuban style beef pot roast with carrots, dry wine and celery.
310Cal, 13gFat, 7gCarb, 2gFib, 38gProt, 115mgSod

BROWN RICE WITH SCALLION

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

PULLED PORK TACOS

Slow cooked pulled pork with pico de gallo, cilantro and tortilla.
200Cal, 4gFat, 32gCarb, 9gFib, 7gProt, 60mgSod

COLE SLAW

Crispy salad with cabbage, carrots and red onions.
35Cal, 1gFat, 7gCarb, 1gFib, 0gProt, 95mgSod

CHICKEN IN A SPINACH CREAM SAUCE

Chicken with egg noodles, broccoli, carrots, celery, onions and peppers.
730Cal, 16gFat, 103gCarb, 5gFib, 45gProt, 110mgSod

COUS- COUS WITH VEGGIE

With broccoli, carrots, and basil.
200Cal, 18gFat, 7gCarb, 3gFib, 6gProt, 85mgSod

MEDITERRANEAN PENNE

Penne with sun-dried tomatoes, ham and Parmesan cheese.
210Cal, 16gFat, 306gCarb, 1gFib, 9gProt, 45mgSod

FRESH TOSS ROMAINE SALAD

Romaine lettuce with banana peppers, red peppers, olives and lemon vinaigrette.
220Cal, 2.5gFat, 42gCarb, 2gFib, 5gProt, 5mgSod

"F" Menu is subject to change

COOKING UP HEALTHY, TASTY, FRESH.



SHAPE LOVERS