

4 course meals

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.

120Cal, 10gFat, 7gCarb, 2gFib, 1gProt, 170mgSod

GARBANZO SOUP

Silky puree of garbanzo beans, carrots, and tomato

210Cal, 4gFat, 36gCarb, 12gFib, 11gProt, 280mgSod

ARROZ CON LECHE

A thick and creamy rice dessert with a touch of cinnamon.

90Cal, 2.5gFat, 12gCarb, 0gFib, 4gProt, 30mgSod

ARROZ CRIOLLO WITH PORK

Rice slowly cooked with onions, bell peppers, garlic, peas, carrots, celery and marinated pork.

340Cal, 7gFat, 22gCarb, 1gFib, 26gProt, 500mgSod

ROASTED SWEET PLANTAINS

Sliced sweet plantain's lightly roasted.

340Cal, 6gFat, 67gCarb, 6gFib, 0gProt, 25mgSod

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

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

TUSCAN VEGETABLE SOUP

Tasty flavorful soup with Spanish onions, celery, carrots, sage and spinach.

110Cal, 0gFat, 17gCarb, 5gFib, 7gProt, 370mgSod

PINEAPPLE UPSIDE DOWN

Shape Lovers version of a traditional pineapple upside down cake.

140al, 2gFat, 31gCarb, 1gFib, 1gProt, 15mgSod

MEATBALLS WITH MARINARA

SAUCE

Ground beef made into meatballs with homemade marinara sauce.

320Cal, 18gFat, 8gCarb, 3gFib, 27gProt, 300mgSod

CHEDDAR MASHED POTATO

Red potato mashed with cheddar cheese on top.

230Cal, 8gFat, 34gCarb, 4gFib, 7gProt, 20mgSod

VEGETABLE MEDLEY

Seasonal vegetables in a chicken broth.

45Cal, 0gFat, 8gCarb, 2gFib, 2gProt, 20mgSod

LEMON CREAM CHEESECAKE

Ricotta cheese flavored with Meyer lemons and a graham cracker crust.

130Cal, 9gFat, 13Carb, 0gFib, 6gProt, 90mgSod

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

TOMATO VEGETABLE SOUP

Chunky vegetables and roasted garlic in a light tomato broth.

50Cal, 2gFat, 7gCarb, 1gFib, 1gProt, 55mgSod

RED VELVET CUPCAKE

Red velvet cupcake topped with a delicious light cream.

150Cal, 7gFat, 24gCarb, 1gFib, 3gProt, 170mgSod

2 course meals

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

MUSHROOM RAVIOLI

Topped with sautéed baby spinach in white wine butter sauce.

280Cal, 4gFat, 40gCarb, 4gFib, 11gProt, 120mgSod

BRUSSELS SPROUT AND ASPARAGUS

Roasted Brussel sprout and asparagus.

40Cal, 1.5gFat, 8gCarb, 4gFib, 3gProt, 240mgSod

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

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

"G" Menu is subject to change

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