

June 17, 2024

June 18, 2024

June 19, 2024

June 20, 2024

June 21, 2024

Full Meals

TURKEY A LA MARINARA

Roasted Turkey breast in a light marinara sauce, top with a blend of cheese.

300Cal, 11gFat, 4gCarb, 1gFib, 39gProt, 150mgSod

MESCULIN GREEN SALAD

Salad made with, raisins, tomatoes, carrots, and red wine vinaigrette.

90Cal, 2.5gFat, 10gCarb, 2gFib, 3gProt, 65mgSod

HEARTY VEGETABLE SOUP

Made with potato, vegetables and fresh herbs.

70Cal, 0gFat, 10gCarb, 4gFib, 3gProt, 55mgSod

ARROZ CON LECHE

Traditional short grain rice slowly cooked with milk and spices.

300Cal, 38gFat, 50gCarb, 1gFib, 2gProt, 50mgSod

CUBAN GROUND BEEF

Made with beef, onions, assorted bell pepper, green olives, tomato and raisins.

300Cal, 18gFat, 6gCarb, 1gFib, 26gProt, 210mgSod

STEAMED WHITE RICE

Fluffy steamed white rice

30Cal, 0gFat, 7gCarb, 2gFib, 0gProt, 20mgSod

ROASTED PEPPER SOUP

Roasted red pepper, onion, garlic and vegetables.

25Cal, 0gFat, 4gCarb, 1gFib, 1gProt, 180mgSod

WILD BERRY TART

A mix of Blueberry, Raspberry, Strawberry and Blackberry on a pie.

180Cal, 7gFat, 28gCarb, 2gFib, 1gProt, 160mgSod

BARBECUE PORK

Marinated pork shoulder with spices and with homemade barbecue sauce.

395Cal, 11gFat, 9gCarb, 2gFib, 42gProt, 181mgSod

CORN ON THE COB

Red Sweet corn in a light butter sauce.

180Cal, 13gFat, 18gCarb, 2gFib, 2gProt, 0mgSod

THREE BEAN SOUP

A combination of kidney beans, cannellini bean and garbanzo beans with vegetables.

130Cal, 1gFat, 13gCarb, 7gFib, 8gProt, 440mgSod

CHOCOLATE SURPRISE

Blackberry with a smooth chocolate mousse.

60Cal, 1gFat, 12gCarb, 2gFib, 2gProt, 20mgSod

ORANGE GLAZE CHICKEN

Chicken breast made with orange marmalade.

250Cal, .5gFat, 0gCarb, 0gFib, 52gProt, 150mgSod

SAVORY YELLOW RICE

Savory yellow rice cooked with chickpeas, mixed peppers and caramelized onions.

25Cal, 0gFat, 2gCarb, 1gFib, 1gProt, 5mgSod

CREAM OF BROCCOLI AND CARROTS

Tasty soup made with broccoli, onions, celery and carrots.

70Cal, 1gFat, 9gCarb, 4gFib, 3gProt, 55mgSod

KEYLIME CHEESECAKE

Shape Lovers twist on a traditional key lime pie.

70Cal, 2.5gFat, 8gCarb, 1gFib, 4gProt, 110mgSod

SHRIMP ALFREDO OVER

FETTUCCINE

Creamy Alfredo sauce and Parmesan Cheese

320Cal, 3gFat, 44gCarb, 2gFib, 19gProt, 410mgSod

Alternative Main Dish :

CHICKEN ALFREDO OVER FETTUCCINE

Creamy Alfredo sauce and Parmesan Cheese

200Cal, .5gFat, 26gCarb, 0gFib, 41gProt, 115mgSod

MIXED GREEN WITH CARROT AND TOMATO

Crisp Mixed Lettuce with shredded carrots and Cherry Tomato with Balsamic Vinaigrette.

210Cal, 20gFat, 8gCarb, 4gFib, 3gProt, 35mgSod

MINISTRONE SOUP

Traditional Italian soup with vegetables white beans and pasta.

140Cal, 1gFat, 21gCarb, 8gFib, 7gProt, 200mgSod

WALNUT BANANA CAKE

Moist banana cake baked with walnuts.

210Cal, 5gFat, 41gCarb, 1gFib, 2gProt, 20mgSod

Single Meals

ASADO NEGRO

Roast beef slowly simmered with onion peppers, sugar cane.

730Cal, 16gFat, 103gCarb, 5gFib, 45gProt, 110mgSod

SCALLION MASHED POTATO

Red Bliss Potato cooked with butter and cream lightly seasoned and scallion

120Cal, 10gFat, 8gCarb, 2gFib, 2gProt, 5mgSod

CHICKEN IN A SPINACH CREAM SAUCE

Chicken breast topped with a spinach cream.

730Cal, 16gFat, 103gCarb, 5gFib, 45gProt, 110mgSod

COUS-- COUS WITH VEGGIE

With black olives, carrots and basil.

200Cal, 18gFat, 7gCarb, 3gFib, 6gProt, 85mgSod

TORTELLI E PESELLI

With peas and pearl onions in a light parmesan cream sauce.

210Cal, 6gFat, 29gCarb, 1gFib, 9gProt, 270mgSod

SPRING MIX SALAD

A Mixed of fresh Iceberg and spring mix lettuce with tomato, cucumber carrot and Blueberry vinaigrette .

25Cal, 0gFat, 2gCarb, 1gFib, 1gProt, 5mgSod

BLEU CHEESE TURKEY MEATLOAF

Turkey meatloaf topped with blue cheese.

259Cal, 12gFat, 3gCarb, 1gFib, 28gProt, 192mgSod

BUTTERNUT SQUASH WITH ONION AND PECANS

Baked butternut squash with sautéed onions and pecans.

144Cal, 7gFat, 10Carb, 4gFib, 3gProt, 33mgSod

BACON WRAPPED PORK

Pork With dijon mustard creamy sauce.

370Cal, 16gFat, 3gCarb, 1gFib, 47gProt, 115mgSod

ROASTED LEMON PEPPER POTATO

Red potatoes roasted in a tangy lemon pepper seasoning.

200Cal, 0gFat, 44gCarb, 5gFib, 5gProt, 15mgSod

Menu is subject to change - E

COOKING UP HEALTHY, TASTY, FRESH.

