

June 24, 2024

June 25, 2024

June 26, 2024

June 27, 2024

June 28, 2024

Full Meals

PORK LOIN WITH BERRIES MARMALADE

Smothered slices of pork with a berry marmalade.

390Cal, 15gFat, 1gCarb, 0gFib, 38gProt, 350mgSod

YUCCA WITH MOJO

Tender yucca with light mojo on the side.

140Cal, 2gFat, 27gCarb, 1gFib, 3gProt, 115mgSod

SQUASH SOUP

Creamy soup made with squash, carrots and celery.

70Cal, 3.5gFat, 8gCarb, 1gFib, 1gProt, 250mgSod

TROPICAL PEAR

A velvety pears topped with a tropical fruit salsa.

190Cal, 9gFat, 23gCarb, 1gFib, 3gProt, 230mgSod

GRILLED MEDITERRENEAN CHICKEN

Grilled chicken breast served with a fresh bell pepper coulis.

260Cal, 3gFat, 32gCarb, 2gFib, 23gProt, 100mgSod

CILANTRO RICE

long grain rice with fresh cilantro.

180Cal, 0gFat, 35gCarb, 1gFib, 4gProt, 25mgSod

MEDITERRANEAN EGGPLANT SOUP

Savory creamy roasted eggplant soup with garlic and sliced celery.

45Cal, 0gFat, 7gCarb, 3gFib, 1gProt, 240mgSod

PINK TART

Lightly baked tart filled with home-made mousse and topped with strawberries.

190Cal, 9gFat, 27gCarb, 1gFib, 2gProt, 200mgSod

VACA FRITA

Beef tips in a mustard and wine sauce.

330Cal, 10gFat, 24gCarb, 4gFib, 26gProt, 75mgSod

STEAMED WHITE RICE

Fluffy white rice .

180Cal, .5gFat, 38gCarb, 1gFib, 4gProt, 450mgSod

RED BEAN SOUP

Delicious Classic stewed beans with pumpkin, potato and carrots.

80Cal, 0gFat, 14gCarb, 4gFib, 4gProt, 370mgSod

MANGO CHEESECAKE

Light and creamy low fat cheesecake, with a fresh mango puree.

190Cal, 11gFat, 15gCarb, 1gFib, 8gProt, 125mgSod

PENNE A LA TURKEY

BOLOGNESE

Ground turkey Bolognese made with rich Italian flavors served over penne pasta with parmesan cheese.

260Cal, 7gFat, 22gCarb, 1gFib, 26gProt, 500mgSod

GARLIC BREAD

Sliced Bread tossed with olive oil and Garlic.

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

POTATO LEEK SOUP

Classic puree of leeks, Idaho potato and thyme.

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

TIRAMISU

Creamy layers of lady fingers drizzled with espresso and amaretto finished with a light cream.

70Cal, 7gFat, 11gCarb, 1gFib, 1gProt, 20mgSod

BAKED FISH GRATIN

Baked salmon topped with a mouth watering Picatta sauce.

170Cal, 7gFat, 4gCarb, 0gFib, 24gProt, 35mgSod

Alternative Main Dish :

BAKED CHICKEN GRATIN

Baked chicken topped with a mouth watering Picatta sauce.

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

BROCCOLI

AND CAULIFLOWER

Steamed broccoli and cauliflower.

180Cal, 5gFat, 26gCarb, 1gFib, 6gProt, 30mgSod

CREAMY ITALIAN WHITE BEAN SOUP

Creamy soup made with white beans and fresh herbs and spices.

140Cal, 0gFat, 24gCarb, 7gFib, 9gProt, 10mgSod

CHOCOLATE BUTTERSCOTCH

Silky layers of pudding topped with pecan sandy cookies crumbs.

180Cal, 12gFat, 10gCarb, 1gFib, 9gProt, 120mgSod

Single Meals

F” Menu is subject to change

TURKEY STUFFED PEPPER

Roasted Green pepper stuffed with ground turkey, mozzarella cheese, cheddar cheese, red diced pepper, peas, carrots and onions.

350Cal, 2gFat, 21gCarb, 0gFib, 47gProt, 660mgSod

ROASTED ROOT VEGETABLES

Fennel, red potato, onions, peppers, fresh thyme and olive oil.

30Cal, 0gFat, 11gCarb, 3gFib, 3gProt, 460mgSod

CAUSA DE ATUN -SPICY SIDE SAUCE / CHICKEN OPTION

With potato and assorted peppers.

330Cal, 7gFat, 78gCarb, 3gFib, 37gProt, 880mgSod

BEET AND GREEN BEAN SALAD

With walnuts.

110Cal, 7gFat, 7gCarb, 2gFib, 4gProt, 200mgSod

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

BEEF BOURGUIGNON

French style beef stew with red wine and vegetables.

350Cal, 2gFat, 21gCarb, 0gFib, 47gProt, 660mgSod

SWEET POTATO MASH

With paprika and olive oil.

190Cal, 14gFat, 22gCarb, 1gFib, 40gProt, 95mgSod

SWEET AND SOUR CHICKEN

Chicken breast sauté with our tangy sweet and sour sauce

300Cal, .5gFat, 5gCarb, 1gFib, 53gProt, 730mgSod

STEAMED WHITE RICE

Fluffy white rice .

180Cal, .5gFat, 38gCarb, 1gFib, 4gProt, 450mgSod

COOKING UP HEALTHY, TASTY, FRESH.

