

July 8, 2024

July 9, 2024

July 10, 2024

July 11, 2024

July 12, 2024

# Full Meals

## POT ROAST

American style beef pot roast with carrots and celery.

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

## ROSEMARY ROASTED POTATOES

Red Potatoes with rosemary, garlic and paprika.

110Cal, 0gFat, 25gCarb, 3gFib, 3gProt, 10mgSod

## PROVENÇAL VEGETABLE SOUP

mix of leek, celery and zucchini.

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

## POACHED HONEY APPLES

Cooked apples with toasted almonds.

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

## TANGY PORK TENDERLOIN

Traditional Cooked with a tangy Dijon mustard glaze.

240Cal, 12gFat, 1gCarb, 0gFib, 32gProt, 300mgSod

## FIRE ROASTED VEGETABLES

Seasoned zucchini, squash and carrot in fresh herbs.

110Cal, 0gFat, 25gCarb, 3gFib, 3gProt, 10mgSod

## SPLIT PEA SOUP

Delicious soup made with split peas, red onions, green peppers and cilantro.

150Cal, .5gFat, 26gCarb, 11gFib, 10gProt, 20mgSod

## LEMON CREAM CHEESECAKE

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

250Cal, 15gFat, 26gCarb, 1gFib, 3gProt, 190mgSod

## CHICKEN WITH MUSHROOM

Grilled Chicken in a creamy mushroom sauce.

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

## YELLOW RICE & PEPPERS

A traditional spanish rice with red peppers.

227Cal, 0gFat, 67gCarb, 6gFib, 0gProt, 25mgSod

## CHICKEN AGUADITO

Savory hearty Peruvian chicken soup.

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

## PEACH TART

Light pastry shells filled with diced peaches and amaretto liqueur.

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

## GRILLED TURKEY POLENTA

Polenta topped with ground turkey, sliced mushrooms, and parmesan cheese.

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

## FIESTA CABBAGE SALAD

Red and white cabbage, red onion, cilantro, tomato, and roasted corn in a lemon vinaigrette.

70Cal, 2gFat, 10gCarb, 1gFib, 3gProt, 65mgSod

## CREAM OF GREEN PEAS

Creamy soup made with green peas

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

## BOSTON CAKE

Light Chocolate cake with a creamy chocolate top.

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

## 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

## ANGEL HAIR PASTA WITH BASIL

Angel hair pasta with butter, garlic and basil.

210Cal, 6gFat, 18gCarb, 6gFib, 3gProt, 100mgSod

## DOUBLE BAKED POTATO SOUP

Savory classic light puree of Idaho potatoes.

40Cal, 0gFat, 8gCarb, 1gFib, 1gProt, 0mgSod

## COCONUT FLAN

Flan with fresh coconut cream on top.

100Cal, 0gFat, 26gCarb, 3gFib, 1gProt, 5mgSod

# Single Meals

H" Menu is subject to change

## TURKEY WITH MANGO CHUTNEY

Roasted turkey with a mango chutney and onions.

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

## MIXED GREENS WITH ARTICHOKE SALAD

Mixture of baby greens topped with parmesan cheese & vinaigrette dressing.

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

## HONEY SESAME CHICKEN

Chicken glazed with an Asian honey sauce and sesame seeds.

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

## VEGETABLE RICE

Fluffy Savory long grain yellow rice with seasonal vegetables.

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

## THREE CHEESE SPINACH LASAGNA

Lasagna filled with a perfect blend of spinach and three cheese.

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

## BISTRO SALAD

Romaine lettuce, cherry tomatoes and red onions with pink peppercorn vinaigrette.

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

## ROASTED MOLASSES PORK

Slow Smothered slices of pork caramelized with onions, celery, and carrots.

200Cal, 4gFat, 32gCarb, 9gFib, 7gProt, 60mgSod

## THYME ROASTED SWEET POTATOES

Laced with garlic and thyme.

35Cal, 1gFat, 7gCarb, 1gFib, 0gProt, 95mgSod

## ALL AMERICAN BURGER

topped with lettuce, tomato and onions and a bun.

210Cal, 6gFat, 28gCarb, 2gFib, 7gProt, 25mgSod

## LITE COLE SLAW

Sweet Cabbage and carrots tossed with a Dijon mustard dressing.

185Cal, 14gFat, 5gCarb, 1gFib, 9gProt, 40mgSod

COOKING UP HEALTHY, TASTY, FRESH.

