



**Lunch** May 15, 2017

**CHICKEN "ROPA VIEJA"**

Cuban dish with shredded chicken cooked with sautéed onions, bell peppers and green olives.

190Cal, 4.5gFat, 2gCarb, 1gFib, 33gProt, 190mgSod

**STEAMED WHITE RICE**

Fluffy steamed white rice.

170Cal, 1gFat, 36gCarb, 1gFib, 3gProt, 0mgSod

**FRIJOLES A LA CHARRA**

Delicious soup made with pinto beans and cilantro.

150Cal, .5gFat, 39gCarb, 3gFib, 2gProt, 15mgSod

**TRES LECHES**

A sponge cake soaked in a creamy three milk mixture and topped with a Maraschino cherry.

170Cal, 5gFat, 28gCarb, 0gFib, 3gProt, 25mgSod

**Lunch** May 16, 2017

**CHIMICHURRI PORK LOIN (NEW)**

Pork tenderloin with a savory homemade chimichurri sauce.

250Cal, 12gFat, 1gCarb, 0gFib, 32gProt, 160mgSod

**SPAGHETTI SQUASH (NEW)**

With rich brown butter and sage.

50Cal, .5gFat, 11gCarb, 5gFib, 3gProt, 30mgSod

**TOMATO AND BASIL CREAM**

Delicate soup made with fresh tomatoes and basil.

45Cal, 1gFat, 8gCarb, 1gFib, 1gProt, 55mgSod

**PINA COLADA MUFFIN**

Oven-fresh muffin made with sweet pineapples.

120Cal, 4gFat, 15gCarb, 0gFib, 5gProt, 30mgSod

**Lunch** May 17, 2017

**GRILLED TURKEY POLENTA (NEW)**

Lean ground turkey with polenta, sliced mushrooms, pine nuts, and parmesan cheese.

170Cal, 5gFat, 24gCarb, 4gFib, 7gProt, 75mgSod

**BRUSSEL SPROUTS AND CRISPY BACON (NEW)**

Brussel sprouts with a mouth watering crispy bacon.

180Cal, 14gFat, 5gCarb, 2gFib, 4gProt, 35mgSod

**ROASTED CAULIFLOWER SOUP (NEW)**

Roasted cauliflower soup made with fresh herbs and spices.

300Cal, 22gFat, 20gCarb, 6gFib, 7gProt, 80mgSod

**BLACKBERRY PIE**

Baked blackberries nestled under a smooth custard.

100Cal, 3gFat, 16gCarb, 0gFib, 4gProt, 85mgSod

**Lunch** May 18, 2017

**MUSTARD BEEF STRIPS**

Beef tips marinated in a mustard wine sauce.

260Cal, 15gFat, 11gCarb, 4gFib, 21gProt, 55mgSod

**HERBED ROASTED POTATO (NEW)**

Red potato roasted with fresh herbs.

150Cal, 0gFat, 32gCarb, 4gFib, 4gProt, 15mgSod

**BUTTERNUT SQUASH SOUP (NEW)**

Well balanced soup made with fresh butternut squash and garnished mushrooms.

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

**KEYLIME CHEESECAKE**

Graham crust with a tangy keylime cheesecake filling.

190Cal, 13gFat, 8gCarb, 0gFib, 9gProt, 140mgSod

**Lunch** May 19, 2017

**FISH IN A LEMON BUTTER SAUCE**

Fresh from the sea with a creamy lemon butter sauce.

230Cal, 9gFat, 3gCarb, 1gFib, 22gProt, 135mgSod

**Alternative Main Dish :**

**CHICKEN IN A LEMON BUTTER SAUCE**

Chicken with a creamy lemon butter sauce.

200Cal, 9gFat, 3gCarb, 1gFib, 22gProt, 135mgSod

**VEGETABLE BROWN RICE**

Savory brown rice with onions, peas and corn.

170Cal, 1.5gFat, 34gCarb, 4gFib, 2gProt, 0mgSod

**CREAM OF ROASTED PEPPER**

Roasted peppers blended with fresh herbs and spices.

70Cal, 2.5gFat, 10gCarb, 2gFib, 3gProt, 25mgSod

**CITRUS MOUSSE**

Smooth mousse made with lemon, lime and mandarin oranges.

60Cal, 1.5gFat, 12gCarb, 0gFib, 1gProt, 0mgSod

**Dinner** May 15, 2017

**TURKEY AND SPINACH STUFFED CREPE**

Crepe stuffed with ground turkey, spinach, tomato, red peppers and parmesan cheese.

360Cal, 18gFat, 19gCarb, 3gFib, 27gProt, 150mgSod

**BABY ARUGULA AND FENNEL SALAD (NEW)**

Crisp salad made with fresh arugula, oranges, fennel and toasted almonds.

60Cal, 7gFat, 1gCarb, 3gFib 4gProt, 0mgSod

**Dinner** May 16, 2017

**SESAME BEEF BROCCOLI**

Stir-fried beef with broccoli, onions, and peppers in a light soy sauce.

300Cal, 12gFat, 6gCarb, 2gFib, 40gProt, 105mgSod

**ASIAN ROASTED VEGETABLES**

Mother Nature's seasonal Asian vegetables.

70Cal, 2.5gFat, 12gCarb, 4gFib, 4gProt, 55mgSod

**Dinner** May 17, 2017

**COCONUT CURRY CHICKEN (NOT SPICY)**

Chicken breast infused with a Caribbean coconut curry sauce.

220Cal, 2gFat, 2gCarb, 1gFib, 40gProt, 115mgSod

**JASMINE RICE WITH CHIVES**

Jasmine rice flavored with chives.

160Cal, .5gFat, 33gCarb, 1gFib, 3gProt, 0mgSod

**Dinner** May 18, 2017

**BLACK BURGER** 🌿

One of a kind vegetarian black bean burger topped with cheddar cheese and accompanied with sour cream and a whole wheat bun.

250Cal, 5gFat, 44gCarb, 8gFib, 11gProt, 150mgSod

**SWEET POTATO STICKS**

Baked sweet potato fries lightly salted.

150Cal, 0gFat, 18gCarb, 5gFib, 3gProt, 100mgSod

**Dinner** May 19, 2017

**PORK TENDERLOIN WITH GUAVA BBQ**

Pork tenderloin marinated with a sweet guava bbq sauce.

390Cal, 12gFat, 13gCarb, 0gFib, 37gProt, 130mgSod

**MAC AND CHEESE**

Made with four cheeses.

390Cal, 21gFat, 17gCarb, 5gFib, 5gProt, 490mgSod