

**Lunch** May 22, 2017

**TANGY PORK TENDERLOIN**

Pork tenderloin cooked with a tangy Dijon mustard.  
 210Cal, 8gFat, 2gCarb, 0gFib, 31gProt, 80mgSod

**YUCA WITH MOJO**

Perfectly cooked yuca topped with homemade mojo.  
 230Cal, 2gFat, 49gCarb, 3gFib, 2gProt, 70mgSod

**CUBAN VEGETABLE SOUP**

Traditional soup made with turnips, pumpkin, celery and carrots.  
 50Cal, 0gFat, 10gCarb, 2gFib, 1gProt, 20mgSod

**ARROZ CON LECHE**

A thick and creamy rice dessert with a touch of cinnamon.  
 90Cal, 2.5gFat, 12gCarb, 0gFib, 4gProt, 30mgSod

**Lunch** May 23, 2017

**CHIMICHANGA** 

Build your own chimichanga with brown rice, red beans, cheese and fresh tomatoes.  
 190Cal, 4.5gFat, 27gCarb, 5gFib, 10gProt, 25mgSod

**MARINATED TOMATOES  
 AND PICKLED ONIONS (NEW)**

Crisp marinated tomato onions with cucumber, cilantro and cojita cheese.  
 80Cal, 6gFat, 4gCarb, 2gFib, 1gProt, 80mgSod

**TEX MEX SOUP**

Mexican chicken soup simmered slowly with vegetables, herbs and Latin flavors.  
 100Cal, 1gFat, 14gCarb, 2gFib, 9gProt, 35mgSod

**CARROT MUFFIN (NEW)**

Sweet muffin made with fresh carrots.  
 90Cal, 2.5gFat, 17gCarb, 1gFib, 1gProt, 35mgSod

**Lunch** May 24, 2017

**BEEF WITH ARTICHOKEs**

Savory beef simmered to perfection with artichokes, spinach, peas and onions.  
 340Cal, 22gFat, 0gCarb, 0gFib, 24gProt, 25mgSod

**BROCCOLI AND CHEDDAR**

Steamed broccoli topped with a cheddar cheese sauce.  
 230Cal, 18gFat, 4gCarb, 2gFib, 15gProt, 20mgSod

**DOUBLE BAKED POTATO SOUP**

Tasty soup made with potato, bacon and green onions.  
 170Cal, 8gFat, 12gCarb, 3gFib, 4gProt, 30mgSod

**BERRY TART**

Lightly baked tart filled with fresh berries.  
 170Cal, 7gFat, 27gCarb, 2gFib, 2gProt, 160mgSod

**Lunch** May 25, 2017

**GREEK STYLE CHICKEN**

Mouthwatering chicken tenderloin topped with bacon, onions, black olives, fresh herbs and feta cheese.  
 240Cal, 5gFat, 3gCarb, 2gFib, 39gProt, 170mgSod

**RATATOUILLE**

Oven roasted eggplant, zucchini, yellow squash, onion in a light tomato basil sauce.  
 120Cal, 4.5gFat, 13gCarb, 6gFib, 4gProt, 15mgSod

**CREAM OF GARLIC AND CHIVE SOUP**

Soup made with garlic and chives.  
 80Cal, 1.5gFat, 10gCarb, 2gFib, 2gProt, 15mgSod

**TROPICAL PEAR DESSERT**

Pears topped with a tropical fruit salsa.  
 110Cal, 0gFat, 27gCarb, 2gFib, 1gProt, 10mgSod

**Lunch** May 26, 2017

**PESTO CRUSTED COD AND SHRIMP**

Cod and shrimp crusted with a tasty pesto.  
 200Cal, 5gFat, 2gCarb, 1gFib, 33gProt, 290mgSod

**Alternative Main Dish :**
**PESTO CRUSTED CHICKEN AND SHRIMP**

Chicken and shrimp crusted with a tasty pesto.  
 180Cal, 5gFat, 2gCarb, 1gFib, 28gProt, 290mgSod

**ORZO MEATBALL SOUP**

Italian soup made with meatballs, tomatoes, yam, kale and orzo pasta.  
 110Cal, 2gFat, 16gCarb, 4gFib, 7gProt, 140mgSod

**ORANGE CREAM CAKE**

Made with orange juice and a cream topping.  
 170Cal, 3.5gFat, 33gCarb, 0gFib, 2gProt, 20mgSod

**Dinner** May 22, 2017

**PAELLA VALENCIANA (NEW)**

With calamari, chicken, shrimp and red peppers.  
 490Cal, 7gFat, 41gCarb, 4gFib, 55gProt, 170mgSod

**GRILLED HEARTS OF PALM SALAD** 

Florida hearts of palm grilled with a side of a jalapeno ranch.  
 100Cal, 7gFat, 8gCarb, 3gFib, 3gProt, 420mgSod

**Dinner** May 23, 2017

**PAN FRIED CHICKEN STEAK**

Topped with fresh thyme.  
 190Cal, 2gFat, 0gCarb, 1gFib, 34gProt, 100mgSod

**INFUSED VANILLA BEAN  
 MASHED POTATOES**

Real vanilla infused with mashed Idaho potatoes.  
 120Cal, 2gFat, 15gCarb, 3gFib, 3gProt, 20mgSod

**Dinner** May 24, 2017

**ROASTED MOLASSES PORK**

Roasted pork tenderloin caramelized with onions, celery, and carrots.  
 270Cal, 9gFat, 11gCarb, 1gFib, 35gProt, 90mgSod

**CALABAZA BATONNET**

Lightly salted roasted pumpkin with thyme and garlic.  
 45Cal, 0gFat, 12gCarb, 1gFib, 2gProt, 0mgSod

**Dinner** May 25, 2017

**TURKEY LASAGANA**

Thin layers of pasta with ground turkey, ricotta cheese and a light béchamel sauce.  
 280Cal, 11gFat, 2gCarb, 0gFib, 40gProt, 95gSod

**HEIRLOOM CAPRESE SALAD**

Heirloom tomatoes with fresh mozzarella balls and a balsamic vinaigrette.  
 130Cal, 6gFat, 12gCarb, 1gFib, 5gProt, 35mgSod

**Dinner** May 26, 2017

**HIBACHI CHURRASCO (NEW)** 

Grilled churrasco cooked Asian style with a Spicy mayo sauce.  
 610Cal, 38gFat, 2gCarb, 1gFib, 41gProt, 5mgSod

**ASIAN FRIED RICE**

Rice cooked with a light soy sauce, carrots and onions.  
 160Cal, 1gFat, 34gCarb, 1gFib, 3gProt, 5mgSod