



Lunch July 10, 2017

PORK CHOP WITH CITRUS SAUCE

Pork chops seared in a homemade citrus sauce.

250Cal, 6gFat, 5gCarb, 0gFib, 43gProt, 450mgSod

STEAMED GREEN BEANS WITH GARLIC

Fresh green beans steamed to perfection.

50Cal, .5gFat, 10gCarb, 3gFib, 2gProt, 0mgSod

SPINACH AND ARTICHOKE SOUP

Creamy soup made with spinach and artichoke.

100Cal, 2gFat, 12gCarb, 5gFib, 5gProt, 95mgSod

PASSION FRUIT MOUSSE

Our version of a passion fruit mousse.

60Cal, 1gFat, 11gCarb, 2gFib, 1gProt, 5mg

Lunch July 11, 2017

CREOLE TURKEY

Ground turkey with onions, celery and carrots.

230Cal, 8gFat, 0gCarb, 1gFib, 26gProt, 0mgSod

SKIN ON MASHED POTATO

Mashed red skinned potatoes with a touch of garlic.

130Cal, 1.5gFat, 1gCarb, 1gFib, 26gProt, 75mgSod

LENTIL SOUP

Delicious soup made with fresh carrots, lentil and pumpkin.

170Cal, .5gFat, 29gCarb, 14gFib, 11gProt, 40mgSod

KEYLIME TART

Tangy key lime tart baked to perfection.

180Cal, 9gFat, 25gCarb, 0gFib, 2gProt, 190mg

Lunch July 12, 2017

BEEF IMPERIAL

Traditional imperial made with beef, cheddar cheese, vegetables and green olives.

450Cal, 23gFat, 30gCarb, 2gFib, 28gProt, 260mgSod

TOMATO, CUCUMBER AND ONION SALAD

Marinated tomato, cucumber and onions.

70Cal, 2.5gFat, 5gCarb, 2gFib, 1gProt, 120mgSod

PLANTAIN SOUP

Savory soup made with plantains and vegetables.

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

GUAVA CHEESECAKE

Cheesecake topped with a guava puree.

180Cal, 11gFat, 13gCarb, 2gFib, 8gProt, 120mg

Lunch July 13, 2017

THAI CHICKEN

Delicious chicken breast with assorted bell peppers, pineapple, vegetables and peanuts.

170Cal, 11gFat, 14gCarb, 4gFib, 22gProt, 150mgSod

JASMINE RICE

Steamed white rice.

130Cal, 0gFat, 27gCarb, 0gFib, 2gProt, 0mgSod

GINGERED CARROT AND MINT SOUP

Creamy soup of sweet carrots with a ginger and mint broth.

40Cal, 0gFat, 7gCarb, 2gFib, 1gProt, 0mgSod

PINEAPPLE UPSIDE DOWN CAKE

Cake made with pineapple and a cherry.

140Cal, 2gFat, 31gCarb, 1gFib, 1gProt, 15mg

Lunch July 14, 2017

FISH IN A LEMON BUTTER SAUCE

Fresh salmon cooked with a mouthwatering lemon butter sauce.

110Cal, 6gFat, 1gCarb, 0gFib, 14gProt, 15mgSod

Alternative Main Dish :

CHICKEN IN A LEMON BUTTER SAUCE

Chicken breast cooked with a mouthwatering lemon butter sauce.

110Cal, 4gFat, 1gCarb, 16gFib, 16gProt, 45mgSod

STEAMED CAULIFLOWER

Freshly steamed cauliflower.

30Cal, .5gFat, 6gCarb, 4gFib, 1gProt, 30mgSod

CREAM OF VEGETABLES

Creamy soup made with pumpkin, collard greens and squash.

130Cal, 1.5gFat, 1gCarb, 1gFib, 26gProt, 75mgSod

COFFEE CUSTARD

Creamy custard topped over lady fingers.

90Cal, 2.5gFat, 13gCarb, 0gFib, 4gProt, 35mg

Dinner July 10, 2017

CHICKEN A LA CATALANA

Chicken breast made with fresh peas, carrots and black olives.

310Cal, 2gFat, 3gCarb, 1gFib, 55gProt, 230mgSod

YELLOW RICE & PEPPERS

A traditional spanish rice with red peppers.

130Cal, 0gFat, 28gCarb, 1gFib, 3gProt, 0mgSod

Dinner July 11, 2017

SESAME BROCCOLI BEEF

Beef tips cooked with broccoli and sesame seeds.

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

ORIENTAL VEGETABLES

Soba noodles mixed with mushrooms, chestnuts, carrots and peas.

130Cal, 1.5gFat, 1gCarb, 1gFib, 26gProt, 75mgSod

Dinner July 12, 2017

ROASTED BUTTER HERB TURKEY

Turkey breast topped with fresh herbs and spices.

370Cal, 16gFat, 1gCarb, 0gFib, 51gProt, 230mgSod

SWEET POTATO MASH

Sweet potato into a creamy mash.

200Cal, 2gFat, 28gCarb, 6gFib, 3gProt, 115mgSod

Dinner July 13, 2017

RIGATONI IN VODKA SAUCE

Pasta cooked with tomatoes, chives and fennel in a vodka sauce.

130Cal, 1.5gFat, 1gCarb, 1gFib, 26gProt, 75mgSod

BABY SPINACH AND SUNDRIED TOMATO SALAD

Fresh salad made with spinach, mozzarella cheese and tomatoes with a balsamic vinaigrette.

130Cal, 1.5gFat, 1gCarb, 1gFib, 26gProt, 75mgSod

Dinner July 14, 2017

PULLED PORK BBQ SANDWICH

Pulled pork with a whole wheat bun and a homemade bbq sauce.

510Cal, 13gFat, 32gCarb, 5gFib, 42gProt, 280mgSod

LITE COLE SLAW

Cabbage and carrots tossed with a Dijon mustard dressing.

140Cal, 10gFat, 5gCarb, 1gFib, 1gProt, 40mgSod