



Lunch July 17, 2017

**BAKED LEMON CHICKEN**

Chicken breast baked with thyme and lemon.

300Cal, 4gFat, 1gCarb, 0gFib, 49gProt, 140mgSod

**CORN ON THE COB**

Sweet corn in a light butter sauce.

180Cal, 13gFat, 18gCarb, 2gFib, 2gProt, 0mgSod

**BAKED POTATO SOUP**

Delicious soup made with potato, bacon, celery and green onions.

170Cal, 8gFat, 12gCarb, 3gFib, 4gProt, 30mgSod

**ORANGE CREAM CAKE**

Made with orange juice and a cream topping.

170Cal, 3.5gFat, 33gCarb, 0gFib, 2gProt, 20mgSod

Lunch July 18, 2017

**ITALIAN STYLE TURKEY**

Turkey breast topped with a light tomato sauce and parmesan cheese.

280Cal, 11gFat, 2gCarb, 0gFib, 40gProt, 95mgSod

**SAVORY YELLOW RICE**

With assorted bell peppers and onions.

130Cal, 1gFat, 22gCarb, 2gFib, 4gProt, 0mgSod

**CHICKPEA SOUP**

Silky puree of garbanzo beans, carrots, and tomato.

210Cal, 4gFat, 36gCarb, 12gFib, 11gProt, 75mgSod

**BREAD PUDDING WITH FRUITS**

Traditional home-made bread pudding with fruits.

150Cal, 3.5gFat, 24gCarb, 1gFib, 5gProt, 30mgSod

Lunch July 19, 2017

**BEEF CHOW MEIN**

Stir-fried noodles with fresh vegetables and beef seasoned with traditional Asian spices.

140Cal, 5gFat, 5gCarb, 1gFib, 17gProt, 75mgSod

**CHEF'S SALAD EDITION**

Fresh lettuce with tomatoes and honey mustard dressing.

70Cal, 2.5gFat, 11gCarb, 3gFib, 6gProt, 45mgSod

**ROASTED VEGETABLE SOUP**

Variety of fresh vegetables roasted to perfection.

80Cal, 0gFat, 14gCarb, 3gFib, 2gProt, 80mgSod

**ARROZ CON LECHE**

A thick and creamy rice dessert with a touch of cinnamon.

90Cal, 2.5gFat, 12gCarb, 0gFib, 4gProt, 30mgSod

Lunch July 20, 2017

**PORK FRICASSEE**

Traditional fricassee made with pork, onions and assorted bell peppers.

270Cal, 7gFat, 9gCarb, 2gFib, 27gProt, 170mgSod

**STEAMED WHITE RICE**

Fluffy steamed white rice.

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

**AJIACO SOUP**

Traditional Cuban soup with yucca, red and sweet potato, carrots and vegetables.

90Cal, 0gFat, 20gCarb, 3gFib, 2gProt, 30mgSod

**GRAPES IN A SWEET CREAM**

Seasonal seedless grapes in a delicious sweet cream.

60Cal, .5gFat, 15gCarb, 1gFib, 1gProt, 15mgSod

Lunch July 21, 2017

**TOMATO PESTO FISH**

Cod topped with a light homemade pesto sauce.

230Cal, 9gFat, 4gCarb, 0gFib, 29gProt, 130mgSod

**Alternative Main Dish :**

**TOMATO PESTO CHICKEN**

Chicken topped with a light homemade pesto sauce.

180Cal, 2gFat, 0gCarb, 0gFib, 37gProt, 130mgSod

**ANGEL HAIR PASTA**

Angel hair pasta with butter, garlic and basil.

150Cal, 2gFat, 29gCarb, 1gFib, 5gProt, 0mgSod

**ORZO MEATBALL SOUP**

Mouth watering soup made with Italian meatballs and orzo pasta.

110Cal, 2gFat, 16gCarb, 4gFib, 7gProt, 140mgSod

**RED VELVET CUPCAKE**

Cupcake with a light whip cream topped with red sprinkles.

150Cal, 7gFat, 24gCarb, 1gFib, 3gProt, 170mgSod

Dinner July 17, 2017

**GRILLED CHURRASCO**

Traditional churrasco and a our homemade chimichurri sauce.

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

**WILD RICE**

Hearty rice with parsley.

270Cal, 2.5gFat, 53gCarb, 4gFib, 10gProt, 5mgSod

Dinner July 18, 2017

**VEGGIE QUESADILLA**

Delicious quesadilla made with veggies and a pico de gallo with tomatoes and jalapenos.

600Cal, 24gFat, 72gCarb, 10gFib, 24gProt, 103mgSod

**REFRIED BEANS**

Mashed red kidney beans flavored with onions, garlic and cumin.

170Cal, 3gFat, 23gCarb, 9gFib, 11gProt, 45mgSod

Dinner July 19, 2017

**PORK TENDERLOIN WITH GUAVA BBQ**

Pork tenderloin topped with our homemade bbq sauce.

330Cal, 12gFat, 13gCarb, 0gFib, 37gProt, 130mgSod

**MAC AND CHEESE**

Shape Lovers twist on traditional mac and cheese with four cheeses.

390Cal, 21gFat, 34gCarb, 1gFib, 16gProt, 490mgSod

Dinner July 20, 2017

**CHICKEN LASAGNA**

Shredded chicken with ricotta cheese, mozzarella, spinach, peppers, onions and béchamel sauce.

380Cal, 10gFat, 29gCarb, 2gFib, 40gProt, 260mgSod

**MIXED SALAD**

Fresh salad made with radish, lettuce, cherry tomatoes and thousand island dressing.

180Cal, 15gFat, 8gCarb, 1gFib, 2gProt, 180mgSod

Dinner July 21, 2017

**HONEY GLAZED TURKEY**

Turkey breast glazed with honey and pineapple.

210Cal, 68gFat, 10gCarb, 0gFib, 26gProt, 107mgSod

**DUO MASHED POTATO**

Silky mash made with sweet potato and Idaho potato.

170Cal, 3.5gFat, 18gCarb, 5gFib, 3gProt, 55mgSod