

**Lunch** August 7, 2017

**PORK STEAK WITH ONIONS** 🍷

Pork tenderloin topped with a tasty al pastor sauce made with onions, jalapeno and pineapples.

160Cal, 6gFat, 0gCarb, 0gFib, 23gProt, 55mgSod

**ROASTED CORN CILANTRO RICE**

Savory rice made with fresh cilantro and golden corn.

180Cal, 2gFat, 36gCarb, 1gFib, 4gProt, 5mgSod

**CHICKEN TORTILLA**

Savory soup made with chicken, tortillas, corn and celery.

60Cal, .5gFat, 4gCarb, 1gFib, 7gProt, 65mgSod

**RASPBERRY CUSTARD**

Custard made with fresh raspberries.

\*\*\*\*\*PENDING NUTRITIONALS\*\*\*\*\*

**Lunch** August 8, 2017

**ORANGE GLAZE CHICKEN**

Chicken tenderloin topped with a delicious orange glaze.

250Cal, .5gFat, 0gCarb, 0gFib, 52gProt, 150mgSod

**SAUTEED BABY CARROTS**

With light butter, garlic and parsley.

35Cal, 0gFat, 0gCarb, 3gFib, 1gProt, 0mgSod

**CREAM OF SPINACH**

Creamy soup made with spinach.

70Cal, 2.5gFat, 7gCarb, 3gFib, 5gProt, 105mgSod

**CHOCOLATE**

Butterscotch pudding topped with pecans.

80Cal, 2.5gFat, 12gCarb, 1gFib, 3gProt, 55mgSod

**Lunch** August 9, 2017

**BEEF ROPA VIEJA**

Traditional beef ropa vieja cooked with assorted bell peppers.

270Cal, 15gFat, 3gCarb, 1gFib, 287gProt, 135mgSod

**JASMINE RICE WITH CHIVES**

Steamed white rice with fresh chives.

190Cal, 4.5gFat, 6gCarb, 1gFib, 31gProt, 210mgS

**BALCK BEAN SOUP**

Classic Spanish soup made with black beans.

120Cal, 4.5gFat, 13gCarb, 6gFib, 4gProt, 15mgSod

**TRES LECHES**

Tradiotional tres leches topped with a cherry.

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

**Lunch** August 10, 2017

**GRILLED TURKEY POLENTA**

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

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

**MESCULIN GREEN SALAD**

Salad made with goat cheese, raisins, tomatoes and red wine vinaigrette.

70Cal, 2.5gFat, 9gCarb, 1gFib, 2gProt, 45mgSod

**CREAM OF BROCCOLIE AND CARROTS**

Creamy soup made with broccoli and carrots.

70Cal, 1gFat, 9gCarb, 4gFib, 3gProt, 55mgSod

**PUMPKIN PIE**

Savory pie made with pumpkin.

190Cal, 9gFat, 23gCarb, 1gFib, 3gProt, 230mgSod

**Lunch** August 11, 2017

**BAKED FISH GRATIN**

Baked cod topped with a mouth watering Picatta sauce.

150Cal, 1.5gFat, 0gCarb, 0gFib, 31gProt, 95mgSod

**Alternative Main Dish :**
**BAKED CHICKEN GRATIN**

Baked chicken topped with a mouth watering Picatta sauce.

200Cal, .5gFat, 0gCarb, 0gFib, 41gProt, 115mgSod

**ORZO SALAD**

Pasta salad made with black olives, bell peppers and feta cheese.

180Cal, 5gFat, 26gCarb, 1gFib, 6gProt, 30mgSod

**CREAMY ITALIAN WHITE BEAN SOUP**

Creamy soup made with white beans and fresh herbs and spices.

140Cal, 0gFat, 24gCarb, 7gFib, 9gProt, 10mgSod

**BANANA CUPCAKE**

Banana cupcake baked to perfection.

130Cal, 3gFat, 27gCarb, 1gFib, 1gProt, 15mgSod

**Dinner** August 7, 2017

**STUFFED ZUCCHINI WITH TOMATOES AND MOZZARELA** 🌿

Zucchini stuffed with tomato, mozzarella, onions, and béchamel sauce.

240Cal, 13gFat, 15gCarb, 1gFib, 16gProt, 380mgSod

**ROASTED RED POTATO**

Red potato roasted and topped with parsley.

80Cal, .5gFat, 17gCarb, 2gFib, 2gProt, 5mgSod

**Dinner** August 8, 2017

**LASAGNA BOLOGNESE**

Lasagna made with beef, parmesan, mozzarella cheese, and tomatoes.

360Cal, 13gFat, 34gCarb, 2gFib, 25gProt, 95mgSod

**GARDEN SALAD (NEW)**

Fresh salad made with lettuce, cherry tomatoes, red onion, carrots, cucumber and a blueberry vinaigrette.

**Dinner** August 9, 2017

**ROSEMARY PORK**

Pork tenderloin topped with fresh herbs and spices.

360Cal, 21gFat, 2gCarb, 1gFib, 38gProt, 95mgSod

**STEAMED SWEET POTATO**

Sweet potato steamed to perfection.

150Cal, 1.5gFat, 16gCarb, 5gFib, 2gProt, 85mgSod

**Dinner** August 10, 2017

**SEAFOOD PAELLA**

Rice cooked with pork sausage, mussel, shrimp, calamari and assorted bell peppers.

450Cal, 2gFat, 76gCarb, 3gFib, 25gProt, 480mgSod

**HEARTS OF PALM SALAD**

Crispy salad made with hearts of palm, green tomatillo, tomatoes, and cilantro.

100Cal, 7gFat, 8gCarb, 3gFib, 3gProt, 420mgSod

**Dinner** August 11, 2017

**GRILLED CHICKEN WITH SPINACH PESTO SAUCE**

Chicken breast topped with a spinach pesto sauce.

160Cal, 0gFat, 3gCarb, 1gFib, 33gProt, 90mgSod

**SPAGHETTI SQUASH**

Made with sage, brown butter and raisins.

180Cal, .5gFat, 38gCarb, 1gFib, 4gProt, 0mgSod