

## Lunch August 14, 2017

### GARDEN CHICKEN

Chicken breast topped with peas, onions, red pepper, and corn.

180Cal, 1gFat, 6gCarb, 1gFib, 30gProt, 85mgSod

### PARMESAN ROASTED CAULIFLOWER (NEW)

Roasted cauliflower topped with parmesan.

210Cal, 3gFat, 21gCarb, 7gFib, 7gProt, 220mgSod

### CREAM OF MUSHROOMS

Tasty soup made with mushrooms and celery.

60Cal, 3gFat, 7gCarb, 1gFib, 2gProt, 25mgSod

### CARROT CAKE

Delicious cake made with fresh carrots.

90Cal, 2.5gFat, 17gCarb, 1gFib, 1gProt, 5mgSod

## Lunch August 15, 2017

### CUBAN GROUND BEEF

Traditional "Picadillo" made with beef, onion, assorted bell peppers, raisins, green olives and tomatoes.

300Cal, 18gFat, 6gCarb, 1gFib, 26gProt, 210mgSod

### RICE PILAF

Savory rice made with mushrooms, carrots and peas.

200Cal, 2gFat, 38gCarb, 1gFib, 5gProt, 0mgSod

### CUBAN PLANTAIN SOUP

Soup made with plantains and fresh herbs.

90Cal, 0gFat, 20gCarb, 2gFib, 1gProt, 5mgSod

### ORANGE FLAN

Flan made with orange marmalade.

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

## Lunch August 16, 2017

### TORTELLINI E PESELLI

With peas and pearl onion in a light parmesan cream sauce.

210Cal, 6gFat, 30gCarb, 1gFib, 9gProt, 45mgSod

### MIXED GREENS WITH RADISH

Crispy salad made with radishes, lettuce, goat cheese, green beans and red onions with a balsamic vinaigrette dressing.

200Cal, 18gFat, 7gCarb, 3gFib, 6gProt, 85mgSod

### GOLDEN SOUP

Oven roasted pumpkin and carrot soup.

70Cal, 4gFat, 6gCarb, 2gFib, 1gProt, 30mgSod

### CHOCOLATE MOUSSE

An appetizing chocolate mousse with chocolate chips.

60Cal, 2gFat, 10gCarb, 1gFib, 2gProt, 85mgSod

## Lunch August 17, 2017

### TURKEY MEATLOAF

Traditional turkey meatloaf with assorted bell peppers, onions, and fresh herbs.

150Cal, 6gFat, 9gCarb, 1gFib, 14gProt, 220mgSod

### MASHED POTATO WITH GARLIC

Savory potato mashed to perfection with garlic.

160Cal, 3.5gFat, 19gCarb, 4gFib, 4gProt, 20mgSod

### CREAM OF VEGETABLES

Creamy soup made with an array of seasonal vegetables.

30Cal, 0gFat, 3gCarb, 2gFib, 1gProt, 5mgSod

### APPLE PIE

Shape Lovers twist on the traditional apple pie.

180Cal, 7gFat, 4gCarb, 1gFib, 7gProt, 65mgSod

## Lunch August 18, 2017

### SALMON IN A WHITE WINE SAUCE

Salmon in a mouth-watering white wine sauce.

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

[Alternative Main Dish :](#)

### CHICKEN IN A WHITE WINE SAUCE

Chicken in a mouth-watering white wine sauce.

240Cal, 5gFat, 3gCarb, 0gFib, 43gProt, 130mgSod

### QUINOA

Made with red onions, parsley, carrots, and tomato.

110Cal, 4gFat, 17gCarb, 1gFib, 3gProt, 5mgSod

### PUMPKIN

### COCONUT SOUP

Made with pumpkin, coconut, carrots and cinnamon.

45Cal, 2.5gFat, 8gCarb, 1gFib, 1gProt, 15mgSod

### STRAWBERRY

### WITH CREAM

Fresh strawberry with light cream topping.

60Cal, 0gFat, 7gCarb, 2gFib, 1gProt, 0mgSod

## Dinner August 14, 2017

### PORK WITH CHIMICHURRI

Pork tenderloin topped with our homemade chimichurri sauce.

310Cal, 12gFat, 2gCarb, 1gFib, 42gProt, 105mgSod

### CONGRI RICE

Traditional Congri rice made with black beans and bay leaf.

200Cal, 1.5gFat, 36gCarb, 1gFib, 4gProt, 5mgSod

## Dinner August 15, 2017

### CRANAPPLE ROASTED TURKEY

Turkey breast topped with our homemade cranapple sauce.

240Cal, 10gFat, 0gCarb, 0gFib, 35gProt, 85mgSod

### GREEN BEANS WITH ALMONDS

Topped with cranberry.

90Cal, 4gFat, 8gCarb, 3gFib, 3gProt, 0mgSod

## Dinner August 16, 2017

### BEEF STEAK FAJITAS

Beef with assorted bell peppers with flour tortillas.

480Cal, 25gFat, 7gCarb, 3gFib, 55gProt, 125mgSod

### RED BEAN ESCHABADOS

Tender red beans, pork bacon stewed with fresh onions, peppers and special spices.

180Cal, 1.5gFat, 26gCarb, 10gFib, 13gProt, 50mgSod

## Dinner August 17, 2017

### SHRIMP CORN CHOWDER

Corn chowder with shrimp accompanied with a baguette.

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

### BABY SPINACH AND SUNDRIED TOMATO SALAD

Fresh salad made with spinach, tomato and mozzarella cheese with a green apple vinaigrette.

70Cal, 1.5gFat, 9gCarb, 2gFib, 5gProt, 15mgSod

## Dinner August 18, 2017

### NAKED CHICKEN PARMESAN (NEW)

Chicken breast topped with cheese and marinara sauce.

540Cal, 16gFat, 34gCarb, 2gFib, 56gProt, 660mgSod

### ZITI PASTA WITH VEGETABLES

Zita pasta with vegetables, black olives, and feta cheese.

220Cal, 8gFat, 32gCarb, 2gFib, 7gProt, 240mgSod

**\*\*Menu is subject to change\*\* 33-F**