

Lunch October 9, 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.

70Cal, 5gFat, 8gCarb, 2gFib, 7gProt, 65mgSod

COCONUT FLAN

Mouth watering flan made with coconut.

90Cal, 13gFat, 6gCarb, 0gFib, 3gProt, 25mgSod

Lunch October 10, 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

RASPBERRY CUSTARD

Custard made with fresh raspberries.

100Cal, 3gFat, 14gCarb, 3gFib, 3gProt, 25mgSod

Lunch October 11, 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.

160Cal, .5gFat, 33gCarb, 1gFib, 3gProt, 0mgSod

BALCK BEAN SOUP

Classic Spanish soup made with black beans.

60Cal, 1.5gFat, 8gCarb, 3gFib, 3gProt, 0mgSod

TRES LECHES

Traditional tres leches topped with a cherry.

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

Lunch October 12, 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, 2gFat, 10gCarb, 1gFib, 3gProt, 65mgSod

CREAM OF BROCCOLI 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 October 13, 2017

BAKED FISH GRATIN

Baked cod topped with a mouth watering Picatta sauce.

170Cal, 7gFat, 4gCarb, 0gFib, 24gProt, 35mgSod

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

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LASAGNA BOLOGNESE

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

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

GARDEN SALAD

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

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

October 10, 2017

SEAFOOD PAELLA

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

490Cal, 7gFat, 41gCarb, 4gFib, 55gProt, 610mgSod

HEARTS OF PALM

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

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

October 11, 2017

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



October 12, 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.

60Cal, .5gFat, 12gCarb, 5gFib, 3gProt, 30mgSod

October 13, 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

****Menu is subject to change** 41-E**