

Lunch October 16, 2017 Lunch October 17, 2017 Lunch October 18, 2017 Lunch October 19, 2017 Lunch October 20, 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

BOSTON CAKE
 Chocolate cake with a creamy topping.
 90Cal, 2.5gFat, 17gCarb, 1gFib, 1gProt, 5mgSod

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

MAMEY FLAN
 Flan made with mamey.
 120Cal, 4gFat, 15gCarb, 0gFib, 5gProt, 30mgSod

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 thousand island 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

TURKEY MEATLOAF
 Traditional turkey meatloaf with assorted bell peppers, onions, and fresh herbs.
 150Cal, 6gFat, 9gCarb, 1gFib, 14gProt, 220mgSod

MASHED POTATO WITH GARLIC
 Savory red bliss 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

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 cherry tomatoes and spinach.
 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

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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

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

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

CHICKEN POMODORE
 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

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

****Menu is subject to change** 42-F**