

Lunch November 6, 2017

**CUBAN GROUND BEEF**

Traditional Cuban picadillo with beef, raisins, sliced olives, and bell peppers.  
300Cal, 18gFat, 6gCarb, 1gFib, 26gProt, 210mgSod-

**WHITE RICE WITH PEAS AND ONIONS**

Steamed white rice, peas and onions.  
80Cal, 0gFat, 18gCarb, 1gFib, 2gProt, 5mgSod

**CUBAN VEGETABLE SOUP**

With celery, turnips, carrots and pumpkin.  
35Cal, 0gFat, 7gCarb, 1gFib, 1gProt, 20mgSod

**PEACH CHEESECAKE**

Cheesecake made with fresh peaches.  
190Cal, 12gFat, 13gCarb, 1gFib, 8gProt, 135mgSod

Lunch November 7, 2017

**TURKEY WITH MANGO CHUTNEY**

Roasted turkey with mango chutney and onions.  
280Cal, 94gFat, 6gCarb, 1gFib, 36gProt, 140mgSod

**RIVIERA VEGETABLES**

Steamed green beans and carrots.  
50Cal, .5gFat, 7gCarb, 2gFib, 0gProt, 20mgSod

**BUTTERNUT SQUASH SOUP**

Savory soup made with pumpkin and butternut squash.  
40Cal, 0gFat, 8gCarb, 1gFib, 1gProt, 0mgSod

**PUMPKIN FLAN**

Flan made with pumpkin.  
70Cal, 2.5gFat, 8gCarb, 1gFib, 4gProt, 110mgSod

Lunch November 8, 2017

**HERB CRUSTED PORK LOIN**

Slowly roasted pork tenderloin with fresh herbs.  
220Cal, 8gFat, 1gCarb, 0gFib, 32gProt, 75mgSod

**QUINOA PILAF**

Spanish quinoa grain mixed with red onion, parsley & olive oil.  
180Cal, 4gFat, 31gCarb, 2gFib, 6gProt, 15mgSod

**VEGETERIAN FABADA**

Delicious soup made with fresh vegetables.  
140Cal, 0gFat, 23gCarb, 6gFib, 9gProt, 10mgSod

**ALOHA COCONUT**

Coconut cream with crushed pineapple and toasted coconut.  
60Cal, 8gFat, 7gCarb, 1gFib, 2gProt, 25mgSod

Lunch November 9, 2017

**FETTUCINI WITH CHICKEN**

Fettuccini with chicken in a creamy sauce.  
730Cal, 16gFat, 103gCarb, 5gFib, 45gProt, 110mgSod

**CAESAR SALAD**

Fresh salad made with lettuce, parmesan cheese, croutons and Caesar dressing.  
110Cal, 9gFat, 4gCarb, 2gFib, 1gProt, 260mgSod

**BARLEY SPINACH AND CHICKEN SOUP**

Spinach, barley and chicken soup.  
120Cal, 3gFat, 16gCarb, 4gFib, 5gProt, 80mgSod

**CHOCOLATE**

**BUTTERSCOTCH TRIFLE**

Silky layers of pudding topped with pecan sandy cookie crumbs.  
110Cal, 2.5gFat, 21gCarb, 1gFib, 2gProt, 25mgSod

Lunch November 10, 2017

**HONEY BAKED SALMON**

Baked salmon with a honey glaze.  
130Cal, 3.5gFat, 8gCarb, 0gFib, 19gProt, 140mgSod

Alternative Main Dish :

**HONEY BAKED CHICKEN**

Baked chicken with a honey glaze.  
130Cal, 1.5gFat, 1gCarb, 1gFib, 26gProt, 140mgSod

**ASIAN ROASTED**

**VEGETABLES**

Roasted Bok choy, edamame, red pepper, green beans and carrots.  
130Cal, 1.5gFat, 1gCarb, 1gFib, 26gProt, 75mgSod-

**RICE NOODLES SOUP**

With green onions.  
150Cal, 0gFat, 38gCarb, 0gFib, 0gProt, 80mgSod

**PINK TART**

Topped with fresh strawberries.  
190Cal, 3.5gFat, 23gCarb, 1gFib, 1gProt, 10mgSod

November 6, 2017

**BACON WRAPPED CHICKEN**

Chicken breast wrapped with crispy bacon.  
350Cal, 2gFat, 21gCarb, 0gFib, 47gProt, 660mgSod

**ROASTED BRUSSEL SPROUTS**

Brussel sprouts roasted to perfection.  
20Cal, 0gFat, 11gCarb, 4gFib, 4gProt, 5mgSod

November 7, 2017

**PEANUT PORK LOIN**

Pork made with bell peppers, onions, herbs, and peanut butter.  
210Cal, 9gFat, 5gCarb, 2gFib, 31gProt, 140mgSod

**DIRTY BROWN RICE**

Made with mushrooms, chives and assorted bell peppers.  
210Cal, 1.5gFat, 42gCarb, 3gFib, 5gProt, 5mgSod

November 8, 2017

**ASIAN SALMON TACOS**

Baked salmon with Asian flavors and a flour tortilla.  
230Cal, 8gFat, 4gCarb, 2gFib, 38gProt, 140mgSod

**CRUNCHY ASIAN SALAD**

Nappa cabbage, jicama, soy beans, red peppers and oriental dressing.  
70Cal, 4gFat, 6gCarb, 3gFib, 3gProt, 20mgSod

November 9, 2017

**WOK BEEF**

Beef sautéed with assorted bell peppers, water chestnuts, onions and garlic.  
350Cal, 21gFat, 6gCarb, 1gFib, 23gProt, 45mgSod

**STEAMED WHITE RICE**

Fluffy steamed white rice.  
130Cal, 0gFat, 27gCarb, 0gFib, 2gProt, 0mgSod

November 10, 2017

**BAKED TURKEY CHILLI MACARONI**

Ground turkey and macaroni pasta baked to perfection.  
350Cal, 15gFat, 18gCarb, 2gFib, 30gProt, 140mgSod

**BROCCOLI AND**

**CHEDDAR**

Steamed broccoli with cheese.  
200Cal, 18gFat, 7gCarb, 3gFib, 6gProt, 85mgSod

**\*\*Menu is subject to change\*\* 45-**