



La Vida Llena

The Good Life Cuisine (5)

BREAKFAST SPECIAL: FRENCH WAFFLES WITH FRUIT TOPPING AND WHIPPED CREAM

SUNDAY- February 7, 2010

SOUP:

Shrimp Bisque, ½ c = 2 gms fat, 3 gm carb, 57 cal

ENTREES:

Orange Roughy with Basil and Peppers, 3 oz = 3 gm fat, 5gm carb, 85 cal

Chicken Kiev with Parsley Butter, 3 oz = 5gm fat, 5 gm carb, 213 cal

Grilled Pork Tenderloin with Rosemary Cream Sauce, 3 oz = 6 gm fat, 4 gm carb, 212 cal

♥ Chicken and Fish

SIDE SERVINGS:

Buttered Egg Noodles, ½ c = 3 gm fat, 25 gm carb, 211 cal

Roasted Sweet Potatoes, ½ c = 4 gm fat, 26 gm carb, 198 cal

French Cut Green Beans, ff, ½ c = 3 gm carb, 33 cal

Capri Blend Vegetables, ff, ½ c = 4 gm carb, 25 cal

Whole Wheat Rolls at the Bread Station

BREAKFAST SPECIAL: FRENCH TOAST WITH PEACHES

Tuesday- February 9, 2010

SOUP:

Soup Du Jour

ENTREES:

Herb Baked Tilapia, 3 oz = 2 gm fat, 1 gm carb, 62 cal

Stuffed Peppers, 3 oz = 6 gm fat, 20 gm carb, 355 cal

Sweet and Sour Chicken Breast, 3 oz = 5 gm fat, 3 gm carb, 142 cal

♥ Chicken and Fish

SIDE SERVINGS

Brown Rice with Green Onions, ½ c = 4 gm fat, 25 gm carb, 211 cal

Bow Tie Pasta with Mushroom Cream Sauce, ½ c = 28 gm carb, 146 cal

Brussel Sprouts, ff, ½ c = 3 gm carb, 52 cal

Oriental Blend Vegetables, ff, ½ c = 3 gm carb, 24 cal



BREAKFAST SPECIAL: Sausage Strata

MONDAY- February 8, 2010

SOUP:

Cream of Tomato, ½ c = 4 gm fat, 7 gm carb, 52 cal

ENTREES:

Sole with Clam Sauce, 3 oz = 2 gm fat, 1 gm carb, 61 cal

Hot Brown Casserole, 3 oz = 5 gm fat, 15 gm carb, 288 cal

Chicken Fried Steak with Sausage Gravy, 3 oz = 6 gm fat, 10 gm carb, 275 cal

♥ Chicken and Fish

SIDE SERVINGS

Mashed Red Potatoes, ½ c = 4 gm fat, 28 gm carb, 211 cal

Buttered Hominy, ½ c = 4 gm fat, 25 gm carb, 188 cal

Peas, ff, ½ c = 2 gm carb, 36 cal

Sliced Carrots, ff, ½ c = 2 gm carb, 31 cal

BREAKFAST SPECIAL: BISCUITS AND GRAVY

Wednesday- February 10, 2010

SOUP:

Cream of Chicken with Green Chile Soup, ½ c = 4 gm fat, 4 gm carb, 52 cal

ENTREES:

Catch of the Day

Beef Enchiladas with Red Chile, 3 oz = 8 gm fat, 19 gm carb, 254 cal

Herb Roasted Chicken, 3 oz = 8 gm fat, 7 gm carb, 175 cal

♥ Chicken and Fish

SIDE SERVINGS:

Roasted Red Potatoes ½ c = 4 gm fat, 25 gm carb, 179 cal

Refried Beans, ½ c = 4 gm fat, 24 gm carb 178 cal (RR)

New Brunswick Blend Vegetables, ff, ½ c = 4 gm carb, 33 cal

Calabacitas, ½ c = 5 gm fat, 8 gm carb, 75 cal