



## Hispanic DIY Creative Combo Meals

These menu creations cannot be ordered. Individual items must be ordered à la carte and combined at bedside.)

### Guacamole

- 1 avocado
- Lettuce, tomato, onion
- Lemon wedge
- Salt

Dice onion and tomato. Mash avocado and mix in tomato and onion. Squeeze lemon and season with salt to taste.

### Taco

- Flour tortilla
- Your choice of protein:
  - Seared chicken breast
  - Meatloaf
  - Salmon
  - Tofu
  - Whole pinto beans
- Lemon wedge
- Salsa

- Super tacos: ask for sour cream (or plain greek yogurt) + avocado or DIY guacamole
- Optional: side salad to add as a topping

### Burrito

- Flour tortilla
- Rice- brown or white
- Your choice of protein:
  - Seared chicken breast
  - Meatloaf
  - Salmon
  - Tofu
  - Whole pinto beans
- Sour cream (or plain greek yogurt)
- Avocado or DIY guacamole
- Salsa
- Ask for a side salad and make it a bowl!





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### Nachos

- Multigrain chips
- Cheese sauce
- Sour cream (or plain Greek yogurt)
- Avocado or DIY guacamole
- Whole pinto beans
- Super nachos: add your choice of protein (will need to cut into small pieces when it arrives):
  - Seared chicken breast
  - Meatloaf
  - Salmon
  - Tofu

### Pan con pollo

- White roll
- Chicken Tenders
- Lettuce, tomato, onion
- Salsa
- Optional: side salad

### Morisqueta

- Whole pinto beans
- Rice- your choice of white or brown
- Salsa
- Optional:
  - Seared chicken breast
  - Sour cream

When food arrives, cut chicken into cubes. On plate or bowl, add rice, top with beans and chicken, drizzle salsa if desired and enjoy!

### Enfrijoladas

- Whole pinto beans
- Flour tortilla
- Sour cream (or plain Greek yogurt)

When food arrives, smash pinto beans with a fork in the bowl it arrives in. Spread beans on both sides of tortilla and fold. Top with sour cream and enjoy!

