



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!

