



Master Host

Since 1962

Dinner Service
and Catering
Hablamos Espanol

4001 N.W. 31st Ave.
Miami, Florida
33142

Healthy, Fresh Home-Made Meals Delivered Daily to your Door.

See Reverse Side For Calorie Conscious & Diabetic Friendly Meals

Dade: 305-633-8066 • S. Broward: 954-927-3266 • Fax: 305-635-5202 info@mhccater.com

Week 4

Special of the Week:
(SELECT DAY HERE)

M T W Tr F St Sn

* in front of entree indicates only
(2) side dishes may be selected

MONDAY

ENTREES: Select (1) from this section

- 1 Chicken Teriyaki
- 2 *Beef Tips in Wine Sauce on a Bed of White Rice
- 3 Center Cut Pork Chop
- 4 *Baked Ziti w/Beef
- 5 Cold Cut Platter of Sliced Corned Beef and Swiss Cheese

SIDE DISHES: Select (3) from this section

- 9 Chicken Gumbo Soup
- 10 Cream of Mushroom Soup
- 11 Sliced Tomato & Onion Salad w/ Balsamic Dressing
- 12 Brown Rice
- 13 Corn on the Cob
- 14 Cooked Lima Beans w/ Bacon
- 15 Fresh Cut Melon in Season
- 16 Carrot Cake w/ Cream Cheese Frosting

TUESDAY

ENTREES: Select (1) from this section

- 1 Master Host Chicken
- 2 Pepper Steak
- 3 Pork Riblet
- 4 Breaded Fish Wedge w/ Tartar Sauce
- 5 Asian Noodle Salad

SIDE DISHES: Select (3) from this section

- 9 Egg Drop Soup
- 10 Carrot Soup
- 11 Lettuce Wedge w/ Bleu Cheese Dressing
- 12 Spinach Rice Salad
- 13 Asian Blend Vegetables
- 14 Carrot Saute w/ Ginger & Orange
- 15 Chocolate Pudding
- 16 Cranapple Crisp

WEDNESDAY

ENTREES: Select (1) from this section

- 1 Fried Chicken
- 2 *Meat Lasagna Topped w/ Tomato Sauce
- 3 Roast Pork (Lechon Asado)
- 4 Chicken Quesadilla w/ Sour Cream & Salsa
- 5 Teriyaki Salmon (\$5.50 Extra Charge)

SIDE DISHES: Select (3) from this section

- 9 Cream of Asparagus Soup
- 10 Chilled Gazpacho Soup
- 11 Guacamole w/ Tortilla Chips
- 12 Baked Sweet Potato
- 13 Black Beans and Rice (Moros)
- 14 Steamed Broccoli & Cauliflower
- 15 Guava Pastry
- 16 Baked Cinnamon Apple Slices

HEALTHY CHOICE MEALS

Sat & Sun Available To be Delivered On Friday

THURSDAY

ENTREES: Select (1) from this section

- 1 *Chicken Tetraxzini
- 2 Roast Beef, Au jus
- 3 Smoked Pulled Pork
- 4 Maryland Style Crab Cake
- 5 Fried Shrimp w/ Cocktail Sauce (\$5.15 Extra Charge)

SIDE DISHES: Select (3) from this section

- 9 Homemade Chicken Noodle Soup
- 10 Creamy Butternut Squash Soup
- 11 Fried Green Tomato w/ Sauce
- 12 Salad greens w/ Tomato, Onion & Ranch Dressing
- 13 Baked Potato
- 14 Green Bean Casserole
- 15 Angel Food Cake
- 16 Berry Cobbler

FRIDAY

ENTREES: Select (1) from this section

- 1 Chicken Stir-Fry
- 2 Ropa Vieja
- 3 Spinach Canneloni w/ Bechamel Sauce
- 4 Tortilla Española
- 5 Broiled Tilapia w/ Lemon Caper Sauce

SIDE DISHES: Select (3) from this section

- 9 Fish Chowder w/ Diced Potatoes
- 10 Wonton Soup
- 11 Crunchy Broccoli Salad
- 12 Mini Eggroll Appetizer
- 13 White Rice
- 14 Baked Tostones
- 15 Cream Puff
- 16 Oven Fresh Sugar Cookies

SAT.

(Based On Friday's Menu)

- 1
- 2
- 3
- 4
- 5

SUN.

- 1
- 2
- 3
- 4
- 5

HEALTHY CHOICE MEALS



