



CASA CHANGO WEEKLY MENU






DAY 1

LUNCH: TAMALES

Mesoamerican dish made of masa, a dough made from nixtamalized corn, which is steamed in a corn husk or banana leaves, The wrapping is discarded prior to eating. Banana leaves tamales are known in the México as "tamales oaxaqueños"

DINNER: CHICKEN TACOS

Soft tortilla filled with seasoned, cooked chicken/tofu, topped with "pico de Gallo" a fresh Mexican salsa made from diced tomatoes, onions, cilantro, lime juice and jalapeño. Rice and beans on the side.





DAY 2


LUNCH: BUDDHA BOWLS

Create your own Buddha Bowl with fresh and colorful ingredients, including noodles, ramen, plant-based protein, peeled hard-boiled eggs, leafy greens, root vegetables, and delicious toppings.

DINNER: MOLE NEGRO



Is a traditional and unique dark-colored sauce from Oaxaca, Mexico, dating back to pre-Columbian times. The Aztecs prepared mixtures with chili peppers, tomatoes, cocoa and spices, which resulted in sauces they called “mulli”, a term from which the word “mole” is derived; these mullis served as an offering to the gods. Over time, the preparation of these sauces evolved and crossed over with the contributions of ingredients and spices from the Spanish conquistadors.





DAY 3

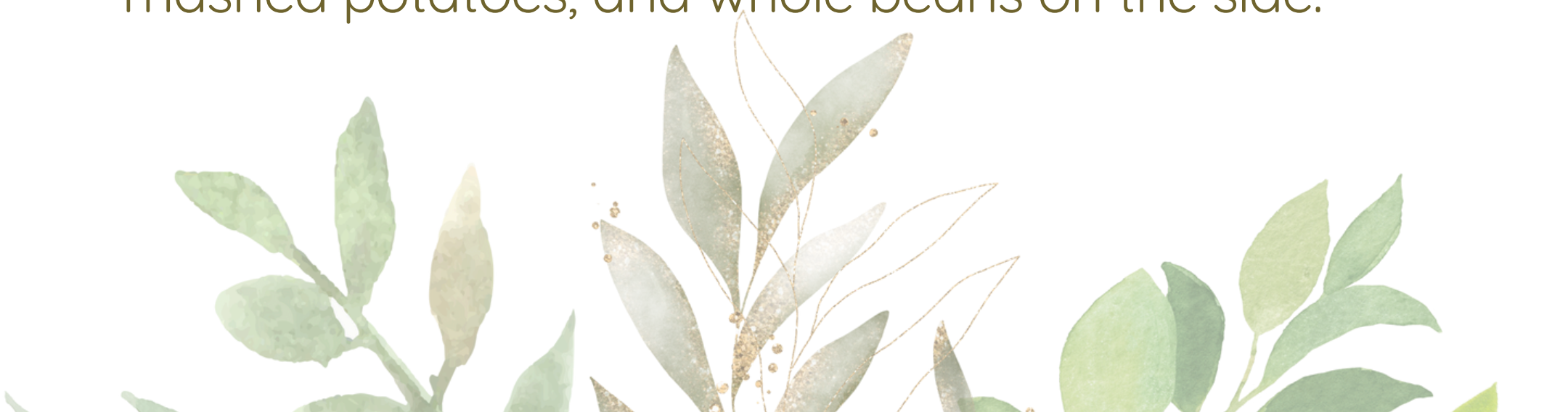
LUNCH: CHILES RELLENOS



Chiles Rellenos are a classic Mexican dish made by stuffing large, mild chili peppers (often poblano) with veggies, chicken and cheese, Typically served with a tomato-based sauce, often with a hint of spice. The combination of tender, smoky peppers, gooey filling, and tomatoe sauce makes it a comforting, flavorful dish enjoyed with rice and beans.

DINNER: GRILLED TUNA

High-quality fresh tuna, marinated and coated in toasted sesame seeds for a nutty texture and flavor, accompanied by green papaya salad, creamy mashed potatoes, and whole beans on the side.





DAY 4


LUNCH: TACOS DORADOS



The crispy, golden version of traditional tacos. They're made by filling soft tortillas with chicken, or potatoes, rolling them up and frying them until they're crispy and crunchy. They're served with fresh toppings like lettuce, cheese, salsa, crema, and guacamole. Served with rice, refried beans and green salad.

DINNER: PASTA

Pasta bar with regular and gluten free option. Bolognese sauce with vegetarian and vegan alternatives. Side dishes like green salad, garlic bread, olives and cheese. A balanced and accommodating dinner for different diets.





DAY 5

LUNCH: TLAYUDAS




OAXACA

An artisanal dish from traditional Oaxacan cuisine, consisting of a large, thin, crispy, partially fried or toasted tortilla covered with a layer of refried beans, lettuce or cabbage, avocado, meat, Oaxaca cheese and sauce. Its flavor is completely different from that of other types of tortillas and the slight hardness in its consistency, which it acquires when it is cooked on a comal, usually made of clay, in which it is left to semi-toast, that is, a greater cooking than that of the other type of tortilla.

DINNER: CURRY

Tender chicken simmered in a rich, spiced curry sauce with aromatics and herbs, vegetables curry option served with rice cooked with coconut milk for a subtle, creamy sweetness. Green mango or papaya salad to complete this delicious dinner.





DAY 6

LUNCH: SOPES




Traditional Mexican dish made from a thick, round base of masa (corn dough), with a thin layer of refried beans and raised edges to hold a variety of toppings like chicken tinga, roasted veggies or simply cheese and salsa. Rice, beans and green salad on the side.

DINNER: FISH TACOS



The catch of the day marinated and grilled; brown rice and whole beans and on top a sweet and spicy salsa made with fresh mango or pineapple, cilantro, lime, and a touch of chili.





DAY 7

LUNCH: MEXICAN CEVICHE

Made with fresh fish marinated in lemon juice until cooked, mixed with chopped cucumber, red onion, tomato and cilantro. Coconut ceviche as our vegan option. Lentils and chickpeas salad for more plant-based protein with guacamole and green salad. Crispy corn tortillas will give the perfect contrast to this lunch.

DINNER: SPRING ROLLS

A fragrant broth infused with lemongrass, lime leaves, chili, and ginger served with your choice of tender chicken or tofu pieces. All the ingredients to create fresh and colorful spring rolls: rice paper, crisp vegetables and peanut sauce. Rice noodles for adding to the broth or enjoying alongside the rolls.

