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## MONDAY's Entrees 10-3-2022

**1** MASITAS CILANTRO grilled breast of chicken morsels topped with sauce (Masitas de pechuga de pollo a la plancha cubiertas con salsa de cilantro cremos ligera)  
Srvg:5oz Cals:232 Fat:13g Carbs:0 Sodium:767 Prot:30

**2** SPAGUETTI PUTTANESCA with tomatoes, black olives, fresh basil, olive, garlic (Espaguetis Puttanesca con tomates, aceitunas negras albahaca fresca, ajo, aceite de oliva)  
Srvg:9oz Cals:245 Fat:9gCarbs:35 Sodium:593Prot:8

Entree	Side 1	Side 2	Side 3	*Xtras

## TUESDAY's Entrees 10-4-2022

**3** GRILLED TURKEY PICADILLO CRIOLLO (Picadillo criollo de pavo a la plancha)  
Srvg:5oz Cals:242 Fat:13g Carbs:3 Sodium:542 Prot:26

**4** CUBAN NEST - Breast of chicken Ropa Vieja over a nest of mashed potatoes (Nido Cubano - Ropa Vieja de pechuga de pollo sobre un nido de pure de papa)  
Srvg:10ozCals:245Fat:4Carbs:20Sodium:483Protein:16

Entree	Side 1	Side 2	Side 3	Xtras

## WEDNESDAY's Entrees 10-5-2022

**5** BBQ PULLED BREAST OF CHICKEN (Pechuga de pollo desmenuzada en salsa BBQ)  
Srvg:8oz Cals:297 Fat:9 Carbs:20 Sodium:559 Prot:23

**6** MILANESE BROWN RICE & CHICKEN topped with sauce and parmesan cheese (Arroz con pollo Milanesa cubierto salsa y queso parmesano)  
Srvg:10ozCals:290Fat:12gCarbs:36gSodium:546 Prot:22

Entree	Side 1	Side 2	Side 3	Xtras

5 days \$66.89 per person Xtra entree \$6.78 31. French vanilla mousse- \$2.69 \* You can replace any entree with  
4 days \$53.46 per person Xtra side \$2.69 32. Chocolate creme ricotta- \$2.69 #11 Turkey Picadillo or #12 Masitas

## THURSDAY's Entrees 10-6-2022

**7** AMERICAN TURKEYLOAF with a light gravy (Albondigon Americano con gravy ligero) *30% vegetables*  
Srvg:5oz Cals:209 Fat:10 gCarbs:51 Sodium:689Prot:18

**8** TAMAL EN CAZUELA Cuban style cornmeal with breast of chicken morsels (Tamal en cazuela con masitas de pechuga de pollo)  
Srvg:9oz Cals:240 Fat:9 gCarbs:36 Sodium:664Prot:22

Entree	Side 1	Side 2	Side 3	Xtras

## FRIDAY's Entrees 10-7-2022

**9** CURRY MASITAS - grilled breast of chicken morsels topped with a light curry mojo (Masitas de pechuga de pollo al curry con mojo ligero al curry)  
Srvg:5ozCals:209 Fat:10gCarbs:0 Sodium:386Protein:30

**10** MAC & PICA - Cuban style penne pasta with lean turkey picadillo and parm (Macarrones integrales con picadillo de pavo a la Cubana con parmesano)  
Srvg:10ozCals:392 Fat:10gCarbs:45g Sodium:690 Prot 26

Entree	Side 1	Side 2	Side 3	Xtras

Cut off for Monday delivery is 2 pm Friday SIDES FOR THIS WEEK: Choose three (3) per person Late orders Entree's may be replaced with #11 or #12

**20. ITALIAN CREAM OF SPLIT PEA** (Crema de chicharos Italiana) Cals: 95 - 8oz

**21. LENTIL SOUP** Cals: 98 - 8oz (Potaje de lentejas) Cals: 195 - 8oz

**22. RED BEAN SOUP** (Potaje de colorados) Cals: 190- 6oz

**23. RICE** (Arroz) \*We reserve the right to changes in menu without prior notice

**24. BROWN RICE** (Arroz integral) Cals: 190 -6oz

**25. STEAMED POTATO** (Papa al vapor) *with a light mojo* Cals: 155- 6oz

**26. STEAMED PLANTAINS** (Platanos al vapor) Cals: 165 -6oz

**27. SWEET POTATO PUREE** (Puree de boniato amarillo) Cals: 165 -6oz

**28. GRILLED GREEN BEANS** (Habichuelas a la plancha) Cals: 75 -4oz

**29. TEXMEX CHOPPED SALAD** (Ensa.picadita Texmex) *w/light mayo and cilantro* Cals: 45 -4oz

**30. VANILLA CREME RICOTTA** (Crema de ricotta de vainilla) Cals: 145-4oz