

BY FAT BUSTERS
12234 SW 8 Street

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MONDAY's Entrees

10-19-2020

1 MASITAS CRIOLLAS grilled breast of chicken morsels
(Masitas de pechuga de pollo a la plancha)

Srvg:6oz Cals:212 Fat:7 Carbs:0 Sodium:233Protein:37

2 JUMBO PESTO CHEESE RAVIOLIS
Topped with a fresh basil pesto & parmesan
(Raviolis de queso cubiertos con salsa cremosa ligera de albahaca fresca y parmesano)

Srvg:8oz cals:191Fat:10Carbs:53 Sodium:285Protein: 8

Xtra entree \$4.35
Xtra side \$2.19

Entree	Side 1	Side 2	Side 3	Xtras

TUESDAY's Entrees

10-20-2020

*CONDITIONS APPLY, VISIT LATINLITE.COM

3 MEXICAN TURKEYLOAF topped with a light crushed tomato sauce *has cilantro
*(Albondigon de pavo a la Mexicana cubierto con salsa ligera de tomate *tiene cilantro)*

Srvg:5 oz Cals:285Fat:7 Carbs:32 Sodium:405 Protein:18

4 "ARROZ CON PESCADO" Spanish style yellow rice & tilapia
(Arroz amarillo con tilapia a la española)

Srvg:10 ozCals:295Fat:8Carbs:28Sodium:403Protein:13

w/brown rice

Entree	Side 1	Side 2	Side 3	Xtras

Relax and enjoy your healthy meal 5 days \$52.91 per person You may replace any entree with #11 Turkey Picadillo or #12 Masitas
4 days \$45.04 per person

WEDNESDAY's Entrees

10-21-2020

5 GRILLED JAMAICAN JERK BREAST OF CHICKEN MASITAS
(Masitas Jamaicanas "Jerk" a la plancha)

Srvg:6ozCals:245Fat:10g Carbs:0g Sodium:233Protein:37

6 TURKEY PICADILLO LASAGNA
(Lasagna de picadillo de pavo)

Srvg:10ozCals:395Fat:13Carbs:22Sodium:395 Protein:18

Side 1	Side 2	Side 3	Xtras

THURSDAY's Entrees

10-22-2020

7 PAVOCHON -Oven baked breast of turkey Cuban style
(Pavochon, pechuga de pavo al horno a la Cubana)

Srvg:5oz Cals:235 Fat:6Carbs:0 Sodium:589 Protein:31

8 BONSAI GRILLED RICE & CHICKEN with onions, celery, ginger, and garlic
(Arroz c/pollo Bonsai a la plancha con cebollitas, celery, jengibre y ajo)

Srvg:10 ozCals:323Fat:9Carbs:44Sodium:659Protein:18

w/brown rice

Side 1	Side 2	Side 3	Xtras

FRIDAY's Entrees

10-23-2020

9 MASITAS PARMESAN grilled breast of chicken topped with sauce
(Masitas de Pechuga de Pollo a la plancha cubiertas con salsa Parmesana)

Srvg:6oz Cals:273Fat:12 Carbs:2Sodium:157 Protein:37

10 CUBAN NEST chicken Ropa Vieja over mashed potatoes
(Nido Cubano, Ropa Vieja de pollo sobre pure de papa)

Srvg:10ozCals:398Fat:15 Carbs:35Sodium:390Protein:15

Entree	Side 1	Side 2	Side 3	Xtras

2020-1-WEB

SIDES FOR THIS WEEK: Choose three (3) p/person

Cut off for Monday delivery is 12 pm Saturday

20. CREAM OF MALANGA (Crema de malanga) Cals: 228- 8oz

21. VEGETARIAN GALICIAN STEW (Caldo Gallego vegetariano) Cals: 120- 8oz

22. LENTIL SOUP (Potaje de lentejas) Cals: 70- 8oz

23. RICE (Arroz) Cals: 190 - 6oz

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

25. CONGRI brown rice & red beans (Congri con arroz integral) Cals: 210-6oz

26. SWEET POTATO PUREE (Pure de boniato amarillo) Cals: 115-6oz

27. STEAMED YUCA (Yuca al vapor) Cals: 239 - 6oz

28. CILANTRO TOMATO SALAD (Ensalada de tomate y cilantro) Cals: 50 - 4oz

29. GRILLED VEGGIES (Vegetales a la plancha) Cals: 75 - 4oz

30. ORANGE CREME RICOTTA (Crema de ricotta de naranja) Cals: 145- 4oz

31. CHOCOLATE & VANILLA PARFAIT (Parfait de chocolate y vainilla) Cals: 90 - 4oz

*We reserve the right to changes in menu without prior notice