

BY FAT BUSTERS
12234 SW 8 Street

latinlite.com Name: _____

Address: _____ City: _____, FL

Cash: Ck:

Zip _____

Phone #: _____

EMAIL: _____

CC#: _____

Save on file

Exp.: _____

V Code _____

Chip ? _____

CC Billing Adrs.: _____

Zip _____

MONDAY's Entrees

7-26-2021

1 HONEY-MUSTARD MASITAS grilled *W/Splenda*
breast of chicken topped with sauce
(Masitas de pechuga de pollo a la plancha
cubiertas con salsa Honey-Mustard)

Srvg:6ozCals:250Fat:9g Carbs:18g Sodium:271Protein:37

2 SPANISH PAELLA - Yellow rice with *w/brown rice*
breast of chicken morsels and tilapia
(Paella con arroz integral, masitas de pechuga
de pollo y tilapia)

Srvg:10oz cals:290Fat:10Carbs:41Sodium:341Protein:15

Xtra entree \$4.35
Xtra side \$2.69

Entree	Side 1	Side 2	Side 3	Xtras

TUESDAY's Entrees

7-27-2021

3 GRILLED TURKEY PICADILLO CRIOLLO
(Picadillo criollo de pavo a la plancha)

Srvg:5 oz Cals:235Fat:6 Carbs:0 Sodium:489 Protein:31

4 CUBAN CHICKEN SALAD -low carb- with
celery, apples ad low fat mayo
(Ensalada de pollo Cubana con celery,
manzanas y mayonesa ligera)

Srvg:6oz Cals:212 Fat:7Carbs:9 Sodium:118 Protein:20

Entree	Side 1	Side 2	Side 3	Xtras

Eat healthy, feel GREAT! 5 days \$57.49 per person You may replace any entree with
4 days \$48.72 per person #11 Turkey Picadillo or #12 Masitas

WEDNESDAY's Entrees

7-28-2021

5 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:5 Sodium:157 Protein:37

6 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:275Fat:8 Carbs:20Sodium:403Protein:18

*CONDITIONS APPLY, VISIT LATINLITE.COM

w/wholegrain pasta

Entree	Side 1	Side 2	Side 3	Xtras

THURSDAY's Entrees

7-29-2021

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 BBQ PULLED BREAST OF CHICKEN
(Pechuga de pollo desmenuzada en salsa BBQ)

Srvg:8ozCals:287Fat:9Carbs:20Sodium:559Protein:23

Entree	Side 1	Side 2	Side 3	Xtras

FRIDAY's Entrees

7-30-2021

9 CURRY GRILLED BREAST OF CHICKEN
MASITAS with grilled onions
(Masitas de pechuga de pollo al Curry con
cebollitas a la plancha)

Srvg:6oz Cals:295 Fat:7 Carbs:5 Sodium:295Protein:37

10 TILAPIA IN "SALSA VERDE", has green
sweet peppers, parsley, cilantro
(Tilapia en Salsa Verde de ajies verdes, perejil
y cilantro)

Srvg:6ozCals:253Fat:9 Carbs:0 Sodium:485 Protein:19

Entree	Side 1	Side 2	Side 3	Xtras

2021-1-WEB

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

Cut off for Monday delivery is 2 pm Friday

20. CREAM OF BROCCOLI

(Crema de broccoli) Cals: 95- 8oz

21. LENTIL SOUP

(Potaje de lentejas) Cals:80- 8oz

22. VEGETARIAN GALICIAN STEW

(Caldo Gallego vegetariano) Cals: 120- 8oz

23. RICE

(Arroz) Cals: 190 - 6oz

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

25. GARLIC-CILANTRO-brown rice
(Arroz integral con ajo y cilantro) Cals: 190-6oz

26. STEAMED YUCA w/a light mojo

(Yuca al vapor c/mojo ligero) Cals: 165- 6oz

27. MASHED PLANTAINS "FUFU"

(Fufu de platano) Cals: 95 - 4oz

28. STEAMED VEGGIES & GRAINS Cals: 75 -4oz
(Vegetales y granos al vapor) *w/ ganic and olive oil*

29. RICE PUDDING *1% milk Splenda* Cals: 90- 4oz
(Arroz c/leche)

30. STRAWBERRY CREAM RICOTTA
(Crema de ricotta de fresa) Cals: 140 - 4oz

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