

LATINLITE

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Delivery Pick-up

BY FAT BUSTERS
12234 SW 8 Street

latinlite.com Name: _____

Address: _____ City: _____, FL

Cash: Ck:

Zip _____

Phone #: _____

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CC Billing Adrs.: _____

Zip _____

MONDAY's Entrees

10-18-2021

1 GRILLED TURKEY PICADILLO CRIOLLO

(Picadillo criollo de pavo a la plancha)

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

2 ARROZ CON POLLO yellow rice

and breast chicken morsles(masitas)
(Arroz integral con masitas de pechuga de pollo)

Srvg:10ozCals:365Fat:9 Carbs:42Sodium:485 Protein:15

Xtra entree \$4.35
Xtra side \$2.69

Entree Side 1 Side 2 Side 3 Xtras

TUESDAY's Entrees

10-19-2021

3 HONEY-MUSTARD MASITAS grilled 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

4 TAMAL EN CAZUELA Cuban style cornmeal with breast of turkey morsels (masitas)

(Tamal en cazuela con pasitas de pechuga de pavo)

Srvg:10ozCals:355Fat:10Carbs:31Sodium:405Protein:13

Entree Side 1 Side 2 Side 3 Xtras

Eat healthy, feel GREAT!

5 days \$57.49 per person
4 days \$48.72 per person

You may replace any entree with #11 Turkey Picadillo or #12 Masitas

WEDNESDAY's Entrees

10-20-2021

*CONDITIONS APPLY VISIT LATINLITE.COM

5 TURKEY PICADILLO MARINARA with chic peas (garbanzos)

(Picadillo de pavo Marinara con garbanzos)

Srvg:8oz Cals:295 Fat:9 Carbs:15 Sodium:445Protein:24

6 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

THURSDAY's Entrees

10-21-2021

7 MASITAS PARMESAN grilled breast of chicken topped with sauce

(Masitas de Pechuga de Pollo a la plancha cubiertas con salsa Parmesana)

Srvg:6oz Cals:293Fat:12 Carbs:5 Sodium:157 Protein:37

8 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:375Fat:8 Carbs:20Sodium:403Protein:18

Entree Side 1 Side 2 Side 3 Xtras

FRIDAY's Entrees

10-22-2021

9 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

10 ARRABBIATA PENNE PASTA with tomatoes, onions, roasted garlic, fresh basil

(Macarrones Arrabbiata con tomates, cebollitas, ajo asado, albahaca fresca)

Srvg:9oz cals:295Fat:10 Carbs:39Sodium:415Protein: 8

Entree Side 1 Side 2 Side 3 Xtras

2021-1-WEB

20. CHICKEN NOODLE SOUP SIDES FOR THIS WEEK: Choose three (3) p/person

(Sopa de pollo) **Cals: 95- 12oz**

21. CREAM OF BROCCOLI (Crema de broccoli) **Cals: 98- 8oz**

22. LENTIL SOUP (Potaje de lentejas) **Cals: 80- 8oz**

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

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

25. STEAMED YUCA w/a light mojo (Yuca al vapor c/mojo ligero) **Cals: 165- 6oz**

26. MASHED PLANTAINS "FUFU" (Fufu de platano) **Cals: 95 - 4oz**

27. FRENCH CUT GREEN BEANS (Habichuelas a la francesa) **Cals: 75 - 4oz**

Cut off for Monday delivery is 2 pm Friday

28. GRILLED VEGGIES (Vegetales a la plancha) **Cals: 50 -4oz**

29. VANILLA CREME RICOTTA (Crema de ricotta de vainilla) **Cals: 140- 4oz**

30. RUM RAISIN MOUSSE (Mousse de pasitas y ron) **Cals: 140 - 4oz**

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