

LATINLITE

CONDITIONS APPLY, SEE WEBSITE: latinlite.com

Delivery Pick-up

BY FAT BUSTERS 305-225-2999
info@latinlite.com

Name: _____ Address: _____ City: _____, FL

Zip _____ Phone #: _____ EMAIL: _____

CC#: _____ Save on file Exp.: _____ V Code Chip ? CC Billing Adrs.: _____ Zip _____

MONDAY's Entrees

11-28-2022

w/whole grain pasta

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

Srvg:5oz Cals:242 Fat:13g Carbs:3 Sodium:542 Prot:26

2 SPAGUETTI PUTTANESCA with tomatoes, black olives, fresh basil, oilive, 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

11-29-2022

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3 CREAMY CILANTRO MASITAS grilled breast of 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

4 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

WEDNESDAY's Entrees

11-30-2022

5 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:392Fat:10gCarbs:45gSodium:690Prot26

6 CUBAN CHICKEN SALAD low carb NO POTATO celery, apples and low fat mayo
(Ensalada de pollo Cubana SIN PAPAS con celery, manzana y mayonesa ligera)

Srvg:6oz Cals:252 Fat:8 gCarbs:9 Sodium:394Prot:25

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

12-1-2022

w/brown rice

7 CURRY MASITAS - grilled breast of chicken morsels topped with a light curry mojo
(Masitas de pechuga de pollo al curry con mojo de curry)

Srvg:5oz Cals:232 Fat:11 Carbs:0 Sodium:386 Prot:30

8 ARROZ CON PESCADO Spanish style yellow rice and tilapia
(Arroz amarillo con tilapia a la Española)

Srvg:9ozCals:323Fat:8 Carbs:38 Sodium:470Protein:12

Entree	Side 1	Side 2	Side 3	Xtras

FRIDAY's Entrees

12-2-2022

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

Srvg:8oz Cals:297 Fat:9 Carbs:20 Sodium:559 Prot:23

10 AMERICAN NEST - turkey picadillo BBQ over a nest of sweet potato puree topped with cheddar cheese
(Nido Americano - Picadillo de pavo en salsa BBQ ligera sobre un nido de pure de sweet potato cubierto con queso cheddar)

Srvg:10ozCals:245Fat:4Carbs:20Sodium:483Protein:16

Entree	Side 1	Side 2	Side 3	Xtras

2022-3-WEB

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

Any modification to order is 48 hours in advance

20. CHICKEN NOODLE SOUP

(Sopa de pollo) Cals: 95 - 12oz

24. RICE (Arroz)

Cals: 290 -6oz

21. ITALIAN CREAM OF SPLIT PEA

(Crema de chicharos Italiana) Cals: 95 - 8oz

25. BROWN RICE (Arroz integral) Cals: 290- 6oz

26. STEAMED YUCA w/a light mojo Cals: 113 -6oz

22. LENTIL SOUP (Potaje de lentejas) Cals: 98- 8oz

27. CARROT PUREE

(Puree de zanahoria) Cals: 65 -4oz

23. RED BEAN SOUP

(Potaje de colorados)

Cals: 195 - 8oz

28. MASHED PLANTAIN "FUFU" Cals: 92 -4oz

(Fufu de platano)

29. TEXMEX CHOPPED SALAD w/light mayo and cilantro Cals: 45 -4oz

(Ensa.picadita Texmex)

30. COCONUT RICE PUDDING

(Arroz con leche de coco)

Cals: 145-4oz

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