

LATINLITE

*Conditions apply, visit latinlite.com

BY FAT BUSTERS
Phone: 305-225-2999

Name: _____

Address: _____

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City: _____, FL

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MONDAY's Entrees 1-30-2023

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

Srvg:5 ozCals:236Fat:13 Carbs:0 Sodium:477Protein:30

2 MEDITERRANEAN RICE AND CHICKEN with W/Brown rice curry and cilantro
(Arroz con pollo Mediterraneo con curry y cilantro)

Srvg:10oz Cals:285 Fat:4 Carbs:48 Sodium:636Protein:19

Entree	Side 1	Side 2	Side 3	*Xtras

TUESDAY's Entrees 1-31-2023

3 CREOLE TURKEY MEATBALLS -
(Albondigas de pavo a la criolla)

Srvg:6oz Cals:206 Fat:10Carbs:34Sodium:497Protein:20

4 MAC & CHICKEN FLORENTINE shredded breast of chicken and spinach with a parmesan sauce
(Macarrones y pollo Florentine con pechuga de pollo desmenuzada, espinaca y salsa parmesana)

Srvg:9oz Cals:311 Fat:13Carbs:39 Sodium:395 Protein:15

Entree	Side 1	Side 2	Side 3	*Xtras

5 days \$66.89 per person

4 days \$53.46 per person

XTRA 31. French vanilla mousse (\$2.69)

SIDES 32. Chocolate creme ricotta (\$2.69)

Xtra entree \$6.78

Xtra side \$2.69

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

WEDNESDAY's Entrees 2-1-2023

5 MASITAS PARMESAN - Grilled breast of chicken nuggets topped with sauce
(Masitas de pechuga de pollo a la plancha cubiertas con salsa parmesana ligera)

Srvg:5ozCals:241Fat:13 Carbs:3 Sodium:698 Protein:30

6 TERIYAKI RICE & CHICKEN -Has celery, ginger, garlic and sesame oil with W/Brown rice
(Arroz con pollo Teriyaki. Tiene celery, gengibre, ajo y aceite de ajonjolí)

Srvg:10oz Cals:370 Fat:10 Carbs:49Sodium:859 Protein:15

Entree	Side 1	Side 2	Side 3	*Xtras

THURSDAY's Entrees 2-2-2023

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

Srvg:5oz Cals:242 Fat:9 Carbs:0 Sodium:542Protein:26

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

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

Entree	Side 1	Side 2	Side 3	*Xtras

FRIDAY's Entrees 2-3-2023

9 TURKEY PICADILLO MARINARA with chic peas topped with parm
(Picadillo de pavo Marinara con garbanzos y parmesano)

Srvg:7ozCals:295Fat:12 Carbs:22 Sodium:696Protein:26

10 CHICKEN, VEGGIE & GRAINS SALAD with celery, onions and light mayo
(Ensalada de pollo con vegetales y granos con celery, cebollita y mayonesa ligera)

Srvg 9oz Cals:240 Fat: 9 Carbs:36 Sodium:664 Protein:22

Entree	Side 1	Side 2	Side 3	*Xtras

Orders after 2 pm Friday may have their choices replaced for Monday

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

We reserve the right to changes in menu without prior notice
Any modification to order is 48 hours in advance

20. CREAM OF CALABAZA SQUASH
(Crema de calabaza) Cals: 125 - 8oz

21. RED BEAN SOUP Cals: 120 8oz
(Frijoles colorados)

22. SPLIT PEA SOUP Cals: 80- 8oz
(Potaje de chicharos)

23. RICE (Arroz) Cals: 290 - 6oz

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

25. GARLIC-CILANTRO BROWN RICE Cals: 290-6oz
(Arroz integral con ajo y cilantro)

26. STEAMED YUCA w/a light mojo Cals:140 - 5oz
(Yuca al vapor)

27. MASHED PLANTAIN "FUFU" Cals: 95- 4oz
(Fufu de platano)

28. GARBANZO SALAD w/onions and a red roasted pepper dressing Cals: 149- 4-oz
(Ensa.de garbanzos con cebollitas y aderezo)

29. GRILLED ZUCCHINI Cals: 85 -4oz
(Zucchini a la plancha)

30. VANILLA CREME RICOTTA Cals: 145- 3oz
(Crema de ricotta de vainilla)

2023-5-WEB