

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

3-20-2023

1 CILANTRO CHICKEN shredded breast of chicken in a light creamy sauce
(Pechuga de pollo desmenuzada en salsa de cilantro cremos ligera)

Srvg:5oz Cals:232 Fat:13g Carbs:0 Sodium:767 Prot:30

2 MILANESE BROWN RICE & CHICKEN topped with sauce and parmesan cheese
(Arroz con pollo Milanese cubierto salsa y queso parmesano)

Srvg:10ozCals:290Fat:12gCarbs:36gSodium:546 Prot:22

w/brown rice

Entree	Side 1	Side 2	Side 3	*Xtras

TUESDAY's Entrees

3-21-2023

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

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

4 AMERICAN NEST - pulled BBQ chicken over a nest of mashed potato topped with cheddar cheese
(Nido Americano - Pollo desmenuzado en salsa BBQ ligera sobre un nido de pure de papa cubierto con queso cheddar)

Srvg:9oz Cals:245 Fat:9gCarbs:35 Sodium:593Prot:8

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Entree	Side 1	Side 2	Side 3	Xtras

WEDNESDAY's Entrees

3-22-2023

5 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

6 CHICKEN PARMESAN RISOTTO
(Arroz con pollo parmesano Risotto)

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

w/brown rice

Entree	Side 1	Side 2	Side 3	Xtras

5 days \$66.89 per person
4 days \$53.46 per person

Xtra entree \$6.78
Xtra side \$2.69

31. French vanilla mousse- \$2.69
32. Chocolate creme ricotta-\$2.69

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

THURSDAY's Entrees

3-23-2023

7 MAC & PICA - Cuban style wholegrain pasta with lean turkey picadillo and parm
(Macarrones integrales con picadillo de pavo a la Cubana con parmesano)

Srvg:10ozCals:392Fat:10gCarbs:45gSodium:690Prot26

8 CILANTRO CHICKEN SALAD with celery, onions, with a red roasted pepper dressing
(Ensalada de pechuga de pollo con celery, cebollitas y aderezo de pimientos morrones)

Srvg:6oz Cals:206 Fat:8 gCarbs:9 Sodium:394Prot:25

Entree	Side 1	Side 2	Side 3	Xtras

FRIDAY's Entrees

3-24-2023

9 ROPA VIEJA shredded breast of chicken in a tomato creole sauce
(Ropa Vieja de pechuga de pollo)

Srvg:8oz Cals:289 Fat:9 Carbs:10 Sodium:689 Prot:23

10 "ARROZ CON PESCADO" - Spanish style yellow rice and tilapia.
(Arroz amarillo con tilapia a la Española)

Srvg:9oz Cals:323Fat:9Carbs:6 Sodium:581Protein: 22

w/brown rice

Entree	Side 1	Side 2	Side 3	Xtras

2023-3-WEB

Orders after 2pm Friday - Choices may be replaced for Monday

SIDES FOR THIS WEEK: Choose three (3) per person

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

20. ITALIAN CREAM OF SPLIT PEA

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

24. RICE (Arroz)

Cals: 290 -6oz

28. CABBAGE, CRANBERRY & CELERY SLD

(Ensa. de col, cranberry y celery) Cals: 149 -4oz

21. CREAM OF ONIONS

(Crema de cebolla) Cals: 110- 8oz

25. BROWN RICE

Cals: 290- 6oz

29. GRILLED GREEN BEANS

(Habichuelas a la plancha) Cals: 125 -4oz

22. LENTIL SOUP

(Lentejas) Cals: 78 - 8oz

26. SMASHED POTATO

(Papa machacada) Cals: 113 -6oz

30. COCONUT MOUSSE

(Mousse de coco) Cals:145-4oz

23. VEGETARIAN GALICIAN STEW

(Caldo Gallego vegetariano) Cals: 180 - 8oz

27. MASHED PLANTAINS "FUFU"

(Fufu de platano) Cals: 95 -4oz

Topped w-chocolate chips