

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

Name: _____

Address: _____ City: _____, FL

Zip _____ Phone #: _____

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

MONDAY's Entrees

Closed

Memorial Day

Remember and honor

Closed

TUESDAY's Entrees

5/30/2023

3 MASITAS DE POLLO CRIOLLAS- grilled breast of chicken chunks
(Masitas de pechuga de pollo Criollas a la plancha)

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

4 ARROZ CON POLLO - yellow rice and breast of chicken morsels
(Arroz amarillo integral con masitas de pechuga de pollo)

Srvg:9ozCals:325Fat:10 Carbs:36 Sodium:575Protein:17

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

WEDNESDAY's Entrees

5/31/2023

5 CHICKEN NAPOLITANA - shredded breast of chicken with sauce & parmesan
(Pechuga de pollo desmenuzada en salsa Napolitana y parmesano)

Srvg:5ozCals:255Fat:11 Carbs:8g Sodium:598Protein:30

6 CHICKEN & ELBOW PASTA SALAD w/onions, celery, sweet peas, light mayo
(Ensa de coditos con pollo, cebollitas, celery, petit poi y mayo ligera)

Srvg:9ozCals:425Fat:11 Carbs:29Sodium:439Protein:25

Entree	Side 1	Side 2	Side 3	Xtras

THURSDAY's Entrees

6/1/2023

7 MEXICAN TURKEYLOAF with grilled onions
(Albondigon Mexicano con cebollitas a la plancha)

Srvg:5ozCals:242 Fat:6 Carbs:0 Sodium:542Protein:26

8 CUBAN NEST - Breast of chicken Ropa Vieja over a nest of mashed potato
(Nido Cubano - Ropa vieja de pechuga de pollo sobre un nido de pure de papa)

Srvg:9oz Cals:244 Fat:4Carbs:26 Sodium:490 Protein:20

Entree	Side 1	Side 2	Side 3	Xtras

FRIDAY's Entrees

6/2/2023

9 "VACA FRITA" grilled shredded breast of chicken
(Vaca Frita de pechuga de pollo a la plancha)

Srvg:5oz Cals:295 Fat:9 Carbs:15 Sodium:545Protein:30

10 MAC & CHICKEN FLORENTINE shredded breast of chicken & spinach w/light parmesan sauce
(Macarrones con pollo desmenuzado y espinaca en salsa parmesana ligera)

Srvg:9ozCals:359Fat:15 Carbs:39Sodium:395 Protein:15

Entree	Side 1	Side 2	Side 3	Xtras

2023-1-

Orders after 2pm Fri. 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 ONIONS** (Crema de cebolla) **Cals: 185- 8oz**
- 21 WHITE BEAN & VEGGIE SOUP** (Frijol blanco y vegetales) **Cals: 128 - 8oz**
- 22. LENTILS** (Lentejas) **Cals: 98- 8oz**
- 23. BLACK BEAN SOUP** (Frijoles negros) **Cals: 175- 8oz**

- 24. RICE** (Arroz) **Cals: 290- 6oz**
- 25. BROWN RICE** (Arroz integral) **Cals: 290 - 6oz**
- 26. MASHED PLANTAINS "FUFU"** (Fufu de platano) **Cals: 95 - 4oz**
- 27. SPANISH STYLE POTATOES** (Papitas a la Española) **Cals: 140 -6oz**

- 28. CARROT & RAISINS SALAD** (Ensa.de zanahoria y pasitas) **Cals: 65 -4 oz**
- 29. CILANTRO TOMATO SALAD with onions** (Ensa. de tomate con cilantro y cebollitas) **Cals: 55 -4oz**
- 30. RICE PUDDING** (Arroz con leche) **Cals: 110 - 4oz**

1% milk w/ Splenda