

LATINLITE

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

Name: _____ Address: _____ City: _____, FL
 Zip _____ Phone #: _____ EMAIL: _____ Delivery Pick-up
 CC#: _____ 3%CF -Save on file Exp.: _____ V Code _____ CC Billing Zip _____

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

Xtra entree \$6.78
 Xtra side \$2.69

31. French vanilla mousse - xtra
 32. Chocolate creme ricotta - xtra

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

9-18-2023 **MONDAY**

1 PEPERONATA - shredded breast of chicken in a light red roasted sauce & parm
 (Pechuga de pollo desmenuzada en salsa ligera de pimientos morrones con parmesano)

Srvg:6oz Cals:281 Fat:14 Carbs:5 Sodium:857 Protein:30

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

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

Entree	Side 1	Side 2	Side 3	Xtras

9-19-2023 **TUESDAY**

3 GRILLED ITALIAN STYLE TURKEY PICADILLO with onions and sweet green peppers
 (Picadillo de pavo a la italiana con cebollita y ajies verdes a la plancha)

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

4 TAMAL EN CAZUELA - with chicken - Cuban style cornmeal.
 (Tamal en cazuela con pollo)

Srvg:9oz Cals:293 Fat:10 Carbs:38 Sodium:553 Protein:18

Entree	Side 1	Side 2	Side 3	Xtras

9-20-2023 **WEDNESDAY**

5 CHICKEN CHILINDRON with tomato, wine, onions and sweet pepper
 (Chilindron de masitas de pechuga de pollo con cebolla, aji verde, vino y tomate)

Srvg:8oz Cals:295 Fat:9 Carbs:15 Sodium:545 Protein:28

6 MAC & PICA - lean ground turkey in a Cuban style sauce topped with parmesan
 (Coditos integrales con picadillo de pavo en salsa a la cubana cubierto con parmesano)

Srvg:10oz Cals:258 Fat:12 Carbs:38 Sodium:589 Protein:17

Entree	Side 1	Side 2	Side 3	Xtras

9-21-2023 **THURSDAY** CUBAN NEST - Breast of chicken Ropa

7 MASITAS CRIOLLAS -grilled breast of chicken chunks
 (Masitas de pechuga de pollo criollas a plancha)

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

8 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:4 Carbs:26 Sodium:490 Protein:20

Entree	Side 1	Side 2	Side 3	Xtras

9-22-2023 **FRIDAY**

9 "CREAMY" BASIL PESTO CHICKEN- shredded breast of chicken
 (Pechuga de pollo desmenuzada en salsa Pesto de albahaca cremosa ligera y parmesano)

Srvg:5oz Cals:255 Fat:13 Carbs:8g Sodium:649 Protein:30

10 SPAGHETTI ARRABIATA with tomato, onions, roasted garlic, red wine, fresh basil & parmesan
 (Espaguettis Arrabiata con tomates, cebollitas, ajo asado, vino tinto, albahaca fresca, parmesano)

Srvg:10oz Cals:417 Fat:13 Carbs:45 Sodium:589 Protein:9

Entree	Side 1	Side 2	Side 3	Xtras

2023-1-

Orders after 2pm Fri. may have their choices replaced for Monday

SIDES: Choose three (3) p/person

20. CHICKEN NOODLE SOUP Cals: 95- 8oz
 (Sopa de pollo y fideos)

21. CREAM OF SPLIT PEA & CILANTRO Cals: 98- 8oz
 (Crema de chicharo con cilantro)

22. RED BEAN SOUP Cals: 175 - 8oz
 (Frijol colorados)

23. LENTILS (Lentejas) Cals: 78- 8oz

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

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

26. SPANISH STYLE POTATO Cals: 165 -6oz
 (Papitas a la Española)

27. SWEET POTATO PUREE Cals: 140 -6oz
 (Pure de boniato amarillo)

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

28. TOMATO SALAD w/cilantro & onions Cals: 65 -4 oz
 (Ensa. de tomate con cilantro y cebollitas)

29. VANILLA CREME RICOTTA Cals: 145-4oz
 (Crema de ricotta de Vainilla)

30. COCONUT MOUSSE Cals: 165 - 4oz
 (Mousse de coco)

1g protein