

LATINLITE

BY FAT BUSTERS

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Name: _____ Address: _____, FL City: _____, FL

Zip _____ Phone #: _____ EMAIL: _____ Delivery Pick-up

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

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

Xtra entree \$6.78
Xtra side \$2.69

You can replace any entree with:
#11 Turkey picadillo or #12 grilled masitas

11-20-2023 MONDAY

1 FRICA-PICA Turkey picadillo fricassee with veggies and grains
Fricassee de Picadillo de pavo con vegetales y granos)
Srvg:6 Cals:220 Fat:10 Carbs:11 Sodium:573 Protein:17

2 CHEESE RAVIOLIS in a light pink sauce topped with parmesan
(Raviolis de queso cubiertos en salsa rosada ligera y parmesano)
Srvg:8oz Cals:311 Fat:13 gCarbs:59 Sodium:394Prot: 5

Entree	Side 1	Side 2	Side 3	Xtras

11-21-2023 TUESDAY

3 MASITAS AL AJILLO grilled and topped with a light "creamy" garlic sauce
(Masitas al Ajillo a la plancha y cubiertas con salsa cremosa ligera al Ajillo)
Srvg:6ozCals:294Fat:14Carbs:2 Sodium:754 Protein:30

4 MIAMI NEST - Turkey picadillo fricassee over a nest of mashed potatoes
(Nido Miami - Fricassee de picadillo de pavo sobre un nido de pure de papa)
Srvg:9oz Cals:280Fat:8 Carbs:20 Sodium:483 Protein:16

Entree	Side 1	Side 2	Side 3	Xtras

11-22-2023 WEDNESDAY

*CONDITIONS APPLY. See website


5 MASITAS MARINARA - grilled breast of chicken topped with sauce & parmesan
(Masitas de pechuga de pollo a la plancha cubiertas en salsa en Marinara y parmesano)
Srvg:5ozCals:235Fat:13 Carbs:3 Sodium:649 Protein:30

6 SPANISH STYLE TUNA SALAD on a bed of diced potatoes topped with onions and dressing *has cilantro*
(Ensalada de atun a la Española sobre papitas al vapor cubierta con cebollitas y aderezo)
Srvg:9ozCals:425Fat:14 Carbs:25 Sodium:439 Protein:18

Entree	Side 1	Side 2	Side 3	Xtras

11-23-2023 THURSDAY

Happy Thanksgiving

7 PULPETA- Cuban style turkeyloaf 
(Albondigon de picadillo de pavo estilo Cubano)
Srvg:5oz Cals:181Fat:9 Carbs:25 Sodium:389 Protein:22

8 CHICKEN PARMESAN RISOTTO *brown rice*
(Arroz con pollo parmesano Risotto)
Srvg:10ozCals:245Fat:4 Carbs:20 Sodium:483 Protein:16

Entree	Side 1	Side 2	Side 3	Xtras

11-24-2023 FRIDAY

Wholegrain pasta

9 MASITAS MEXICANAS- grilled breast of chicken chunks topped with cilantro mojo
(Masitas de pechuga de pollo a la mexicana a la plancha con mojo de cilantro)
Srvg:5oz Cals:236 Fat:13 Carbs:0 Sodium:477 Protein:30

10 MAC & CHICKEN FLORENTINE *Wholegrain pasta*
shredded breast of chicken & spinach w/light parmesan sauce
(Macarrones con pollo desmenuzado y espinaca en salsa parmesana ligera)
Srvg:9.5oz Cals:359Fat:15Carbs:39Sodium:395Protein:15

Entree	Side 1	Side 2	Side 3	Xtras

2023-2-

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

SIDES Choose three (3) p/person

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

- 20. CREAM OF GARBANZO**
(Crema de garbanzo) **Cals: 140- 8oz**
- 21. SPLIT PEA SOUP**
(Potaje de chicharos) **Cals: 80 - 8oz**
- 22. BLACK BEAN SOUP**
(Frijoles negros) **Cals: 175- 8oz**
- 23. RICE** (Arroz) **Cals: 290- 8oz**

- 24. BROWN RICE** (Arroz integral) **Cals: 290-6oz**
- 25. SWEET POTATO PUREE**
(Boniato amarillo al vapor) **Cals: 140- 6oz**
- 26. STEAMED YUCA** *w/a light mojo* **Cals: 145 -6oz**
- 27. MASHED PLANTAINS "FUFU"**
(Fufu de Platano) **Cals: 95- 4oz**

- 28. TOMATO SALAD- w/cilantro and onions**
(Ensa de tomate con cilantro y cebollitas) **Cals: 65-4oz**
- 29. GRILLED GREEN BEANS**
(Habichuelas a plancha) **Cals: 85 -4oz**
- 30. RICE PUDDING** (Arroz con leche) **Cals: 135 -4oz**
- 31. PUMPKIN SPICE PUDDING** *w/Splenda 1% milk*
(Natilla de calabaza) **Cals: 145 -4oz**