

# LATINLITE

BY FAT BUSTERS 305-225-2999

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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 Xtra entree \$6.78  
 4 days \$53.46 per person 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

## 12-11-2023 MONDAY

**1 MASITAS PEPPERONATA - breast of chicken chunks in a light red roasted pepper sauce & parm**

(Masitas de pechuga de pollo en salsa ligera de pimientos morrones con parmesano)

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

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

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

Entree	Side 1	Side 2	Side 3	Xtras

## 12-12-2023 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:242Fat:6 Carbs:0 Sodium:542 Protein:26

**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

w/brown rice

Entree	Side 1	Side 2	Side 3	Xtras

## 12-13-2023 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:545Protein:28

**6 SPAGHETTI & CREAMY TUNA PARMESAN**  
(Espaguetis integrales con atun en salsa cremosa parmesana ligera)

Srvg:10ozCals:225 Fat:8Carbs:28Sodium:346Protein:18

wholegrain pasta

Entree	Side 1	Side 2	Side 3	Xtras

## 12-14-2023 THURSDAY

**7 PULPETA - Cuban style turkeyloaf**  
(Albondigon de picadillo de pavo a la Cubana)

Srvg:5ozCals:181Fat:9 carbs:25 Sodium:389Protein:22

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

Entree	Side 1	Side 2	Side 3	Xtras

## 12-15-2023 FRIDAY

**9 MASITAS CRIOLLAS - grilled breast of chicken chunks with a light mojo**  
(Masitas de pechuga de pollo a la plancha con mojo ligero)

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

**10 NAPOLITANA -elbow pasta with shredded breast of chicken in sauce topped with parm**  
(Coditos integrales con pollo en salsa Napolitana cubierto con parmesano)

Srvg:10ozCals:393Fat:9 Carbs:38 Sodium:553Protein:18

wholegrain pasta

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

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

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

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

**25. STEAMED YUCA** Cals: 145 -6oz  
(Yuca al vapor) w/ a light mojo

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

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

**28. PICADITA SALAD w/onions, celery, cabbage red roasted peppers, garlic, olive o.** Cals: 95-4 oz  
(Ensa. Picadita c/cebollitas, celery, col, pimientos morrones, ajo, aceite de oliva)

**29. VANILLA CREME RICOTTA** Cals: 145-4oz  
(Crema de ricotta de Vainilla) 7g protein

**30. COCONUT MOUSSE** Cals: 135 - 4oz  
(Mousse de coco)