

LATINLITE

BY FAT BUSTERS

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Name: _____ Address: _____ 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

2-12-2024 **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:9oz Cals:240 Fat:9 Carbs:56 Sodium:416 Prot: 8

Entree	Side 1	Side 2	Side 3	Xtras

2-13-2024 **TUESDAY**

3 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

4 TILAPIA IN SALSA VERDE with diced potatoes
(Tilapia en Salsa Verde con papitas)
Srvg:5ozCals:260Fat:10 Carbs:9 Sodium:429 Protein:18

Entree	Side 1	Side 2	Side 3	Xtras

2-14-2024 **WEDNESDAY**

5 ITALIAN TURKEYLOAF- topped with Marinara sauce and parmesan
(Albondigon de picadillo de pavo cubierto con salsa Marinara y parmesano)
Srvg:5oz Cals:325Fat:9 Carbs:26 Sodium:499 Protein:25

6 MAC & CHICKEN FLORENTINE 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

2-15-2024 **THURSDAY**

7 MASITAS CILANTRO - grilled breast of chicken topped with sauce
(Masitas de pechuga de pollo a la plancha cubiertas en salsa de Cilantro)
Srvg:5ozCals:235Fat:13 Carbs:3 Sodium:649 Protein:30

8 CHICKEN PARMESAN RISOTTO
(Arroz con pollo parmesano Risotto)
Srvg:10ozCals:398Fat:14 Carbs:39 Sodium:591 Protein:24

Entree	Side 1	Side 2	Side 3	Xtras

2-16-2024 **FRIDAY**

9 AJILLO- shredded breast of chicken in a light "creamy" garlic sauce
(Pechuga de pollo desmenuzada en salsa cremosa ligera al Ajillo)
Srvg:6ozCals:294Fat:14Carbs:2 Sodium:754 Protein:30

10 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:9ozCals:280Fat:8 Carbs:20 Sodium:483 Protein:16

Entree	Side 1	Side 2	Side 3	Xtras

2024-2-

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. CREAM OF LENTILS (Crema de lentejas) Cals: 90 - 8oz
- 22. SPLIT PEA SOUP (Potaje de chicharos) Cals: 80- 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. STEAMED YUCA (Yuca al vapor) Cals: 185- 6oz

- 28. TOMATO SALAD- onions, garlic & olive oil Cals: 65-4oz (Ensa de tomate con cebollitas, ajo y aceite de oliva)
- 29. GRILLED GREEN BEANS (Habichuelas a plancha) Cals: 85 -4oz
- 30. CHOCOLATE CREME RICOTTA (Crema de ricotta de chocolate) Cals: 140 -4oz
- 31. RICE PUDDING (Arroz c/leche) Cals: 145 -4oz