

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 Xtra entree \$6.78 31. French vanilla mousse - xtra You may replace any entree with
4 days \$53.46 per person Xtra side \$2.69 32. Chocolate creme ricotta - xtra #11 Turkey Picadillo or #12 Masitas

		4-1-2024 MONDAY						
				w/brown rice				
		Entree	Side 1	Side 2	Side 3	Xtras		
1	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							
2	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							

		4-2-2024 TUESDAY						
		Entree	Side 1	Side 2	Side 3	Xtras		
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	TAMAL EN CAZUELA - with chicken - Cuban style cornmeal. (Tamal en cazuela con pollo)							
	Srvg:9ozCals:293Fat:10 Carbs:38Sodium:553Protein:18							

		4-3-2024 WEDNESDAY						
		Entree	Side 1	Side 2	Side 3	Xtras		
5	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							
6	MAC & PICA -elbow pasta with Cuban style turkey picadillo in sauce topped with parm (Coditos integrales con picadillo de pavo a la Cubana en salsa cubierto con parmesano)							
	Srvg:10ozCals:453Fat:9 Carbs:38 Sodium:553Protein:18							

		4-4-2024 THURSDAY						
		Entree	Side 1	Side 2	Side 3	Xtras		
7	PULPETA - Cuban style turkeyloaf (Albondigon de picadillo de pavo a la Cubana)							
	Srvg:5ozCals:181Fat:9 carbs:25 Sodium:389Protein:22							
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							

		4-5-2024 FRIDAY						
		Entree	Side 1	Side 2	Side 3	Xtras		
9	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							
10	ARROZ CON PESCADO - Spanish style yellow rice and fish chunks (Arroz con pescado a la Española)							
	Srvg:9ozCals:323 Fat:9Carbs:28Sodium:499Protein:20							

2024-1-

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

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| 20. CREAM OF SPLIT PEA & CILANTRO
(Crema de chicharo y cilantro) Cals: 135- 8oz | 24. BROWN RICE (Arroz integral) Cals: 290- 6oz | 28. STEAMED VEGGIES & GRAIN
(Vegetalitos y granos al vapor) Cals: 85 -4oz |
| 21. GALICIAN STEW-vegetarian
(Caldo Gallego vegetariano) Cals: 98- 8oz | 25. STEAMED POTATOES
(Papitas al vapor) Cals: 145 -6oz | 29. TOMATO SALAD-cilantro,onions,garlic O oil
(Ensa de tomate-cilantro, cebollitas, ajo, Aceite O) Cals: 65-4oz |
| 22. LENTIL SOUP
(Potaje de lentejas) Cals: 175 - 8oz | 26. MASHED PLATAINS "FUFU"
(Fufu de platano) Cals: 95 -4oz | 30. VANILLA CREME RICOTTA
(Crema de ricotta de vainilla) Cals: 145 - 4oz |
| 23. RICE (Arroz) Cals: 290- 6oz | 27. CARROT & SWEET POTATO PUREE
(Pure de zahahoria yboniato amarillo) Cals: 125 -4oz | |