

LATINLITE

BY FAT BUSTERS 305-225-2999

Email: info@latinlite.com

latinlite.com - conditions apply

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

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

Xtra entree \$6.78

Xtra side \$2.69

5-27-2024

MONDAY

with brown rice

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

Memorial Day

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

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

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

Entree	Side 1	Side 2	Side 3	Xtras

5-28-2024

TUESDAY

Has cilantro

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)

4 MEXICAN MACARONI & CHICKEN SALAD *with wholegrain macaroni- (Ensalada Mexicana de macarrones integrales y pollo)

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

Srvg:9ozCals:289 Fat:12Carbs:26 Sodium:273Protein:20

Entree	Side 1	Side 2	Side 3	Xtras

MASITAS PEPPERONATA - 5-29-2024

WEDNESDAY

wholegrain pasta

5 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)

6 SPAGHETTI BOLOGNESE with lean ground turkey picadillo topped with parmesan (Espaguetis integrales con salsa Bolognesa de picadillo de pavo cubierta con parmesano)

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

Srvg:10ozCals:353Fat:9 Carbs:36 Sodium:663Protein:22

Entree	Side 1	Side 2	Side 3	Xtras

5-30-2024

THURSDAY

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

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

Srvg:9oz Cals:244 Fat:4Carbs:26 Sodium:490 Protein:20

Entree	Side 1	Side 2	Side 3	Xtras

5-31-2024

FRIDAY

wholegrain pasta

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

10 "CREAMY" BASIL PESTO MACARONI & CHICKEN - (Macarrones integrales con pollo al pesto de albahaca cremoso ligero)

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

Srvg:10ozCals:389Fat:9 Carbs:38 Sodium:453Protein:18

Entree	Side 1	Side 2	Side 3	Xtras

2024-1-

Orders after 2pm choices may be replaced for first delivery
 Modifications to order 24 hour in advance

SIDES: Choose three (3) p/person

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

- 20. CREAM OF SPLIT PEA & CILANTRO (Crema de chicharo y cilantro) Cals: 135- 8oz
- 21. GALICIAN STEW-vegetarian (Caldo Gallego vegetariano) Cals: 98- 8oz
- 22. LENTIL SOUP (Potaje de lentejas) Cals: 175 - 8oz
- 23. RICE (Arroz) Cals: 290- 6oz

- 24. BROWN RICE (Arroz integral) Cals: 290- 6oz
- 25. STEAMED YUCA (Yuca al vapor) w/ a light mojo Cals: 145 -6oz
- 26. MASHED PLATAINS "FUFU" (Fufu de platano) Cals: 95 -4oz
- 27. GRILLED ZUCHINNI (Zuchinni a la plancha) Cals: 45 -4oz

- 28. GRILLED GARBANZOS with onions (Garbanzos a la plancha con cebollitas) Cals: 85 -4oz
- 29. CILANTRO TOMATO SALAD-onions, garlic, olive oil (Ensa de tomate- con cebollitas, ajo, aceite oliva) Cals: 65-4oz
- 30. VANILLA CREME RICOTTA (Crema de ricotta de vainilla) 1g protein Cals: 145 - 4oz