

LATINLITE

BY FAT BUSTERS 305-225-2999

info@latinlite.com

latinlite.com- conditions apply

Name: _____

Address: _____, FL

Zip _____ Phone #: _____

EMAIL: _____

Delivery Pick-up

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

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

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

Xtra entree \$6.78
Xtra side \$2.69

5-13-2024 MONDAY

1 MASITAS CRIOLLAS - grilled breast of chicken chunks topped with a light mojo
(Masitas de pechuga de pollo criollas a la plancha)
Srvg:5oz Cals:232 Fat:11 Carbs:0 Sodium:386 Prot:30

2 SPAGHETTI ARRABIATA with tomato, onions, wine, roasted garlic, fresh basil, parmesan
(Espaguettis Arrabiata con tomate, cebollitas, ajo asado, vino tinto, albahaca fresca, parmesano)
Srvg:10ozCals:417Fat:13 Carbs:38 Sodium:553Protein:9

Entree	Side 1	Side 2	Side 3	Xtras

5-14-2024 TUESDAY

3 GRILLED TURKEY PICADILLO, CHICK PEAS AND ONIONS
(Picadillo de pavo, garbanzos y cebollitas a la plancha)
Srvg:6oz Cals:385 Fat:9g Carbs:16 Sodium:389 Prot:22

4 CHICKEN WALDORF SALAD with cranberries, walnuts, celery, sweet peas, light mayo
(Ensalada de pollo Waldorf con cranberries, nueces, celery, petit poi y mayonesa ligera)
Srvg:6oz Cals:410 Fat:19gCarbs:36 Sodium:261Prot:27

Entree	Side 1	Side 2	Side 3	Xtras

5-15-2024 WEDNESDAY

5 ROPA VIEJA shredded breast of chicken in a tomato creole sauce
(Ropa Vieja de pechuga de pollo)
Srvg:8oz Cals:289 Fat:9 Carbs:10 Sodium:689 Prot:23

6 SPAGHETTI BOLOGNESE with lean ground turkey picadillo topped with parmesan
(Espaguettis integrales Bolognesa de picadillo de pavo cubierto con parmesano)
Srvg:9ozCals:289Fat:9gCarbs:36gSodium:664Prot:22

Entree	Side 1	Side 2	Side 3	Xtras

5-16-2024 THURSDAY

7 CREOLE TURKEY MEATBALLS
(Albondigas de pavo Criollas)
Srvg:6oz Cals:206 Fat:10 gCarbs:19 Sodium:497Prot:15

8 PAELLA - Spanish style yellow rice with chicken and tilapia.
(Paella -arroz integral amarillo con pollo y tilapia a la Española)
Srvg:9oz Cals:323Fat:9Carbs:36 Sodium:581Protein: 22

Entree	Side 1	Side 2	Side 3	Xtras

5-17-2024 FRIDAY

9 MASITAS CILANTRO grilled breast of chicken chunks topped with sauce
(Masitas de pechuga de pollo a la plancha cubiertas en salsa de cilantro cremosa ligera)
Srvg:5oz Cals:232 Fat:13g Carbs:0 Sodium:767 Prot:30

10 MILANESE RICE & CHICKEN topped with sauce and parmesan cheese
(Arroz integral con pollo Milanesa cubierto salsa y queso parmesano)
Srvg:10ozCals:290Fat:12gCarbs:36gSodium:546 Prot:22

Entree	Side 1	Side 2	Side 3	Xtras

Orders after 2:00pm: Choices may be replaced for first delivery
Modifications to order 24 hours in advance

SIDES Choose three 3 per person

We reserve the right to changes in menu without prior notice

- 20. ITALIAN CREAM OF SPLIT PEA**
(Crema de chicharos a la Italiana) **Cals:98 -8oz**
- 21. RED BEAN SOUP**
(Potaje de frijol colorado) **Cals: 175 - 8oz**
- 22. LENTIL SOUP**
(Lentejas) **Cals: 78 - 8oz**
- 23. RICE (Arroz)** **Cals: 290- 6oz**

- 24. BROWN RICE (Arroz integral)** **Cals: 290 -6oz**
- 25. STEAMED DICED POTATOES**
(Papitas al vapor) **Cals: 145 -6oz**
- 26. MASHED PLANTAIN "FUFU"**
(Fufu de platano) **Cals: 95 -4oz**
- 27. TOMATO-CILANTRO SALAD- onion, garlic**
(Ensa de tomate-cilantro -cebollitas, ajo) **Cals: 85 -4oz**

- 28. GARBANZO SALAD w/onions & red roasted pepper dressing** **Cals: 149 -4oz**
(Ensa.de garbanzos con cebollitas y aderezo) **Cals: 45-4oz**
- 29. GRILLED ZUCCHINI**
(Zucchini a la plancha)
- 30. RICE PUDDING** **Cals: 135-4oz**
(Arroz con leche) **W/Splenda 1% milk**

2024-3-