

LATINLITE

BY FAT BUSTERS 305-225-2999

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 can replace any entree with

#11 Turkey Picadillo or #12 Masitas

Xtra entree \$6.78

Xtra side \$2.69

5-20-2024

MONDAY

1 GRILLED TURKEY PICADILLO CRIOLLO
(Picadillo criollo de pavo a la plancha)

Srvg:5oz Cals:290 Fat:19Carbs:4Sodium:499Protein:26

2 TAMAL EN CAZUELA - Cuban style cornmeal with breast of chicken
(Tamal en cazuela con pechuga de pollo)

Srvg:9oz Cals:293 Fat:10 Carbs:38 Sodium:553 Protein:17

Entree	Side 1	Side 2	Side 3	*Xtras

5-21-2024

TUESDAY

3 MASITAS PARMESAN -Grilled breast of chicken chunks in a light creamy sauce
(Masitas pechuga de pollo a la plancha en salsa Parmesana ligera)

Srvg:5ozCals:241Fat: 13 Carbs:3 Sodium:698 Protein:30

4 SPAGHUETTI PUTTANESCA w/ tomato, black olives, fresh basil, olive oil, garlic,parmesan
(Espaguettis Puttanesca con tomate, aceitunas negras albahaca fresca, ajo, aceite de oliva y parmesano)

Srvg: 10oz Cals:258 Fat:12 Carbs:34Sodium:589 Protein: 7

Entree	Side 1	Side 2	Side 3	*Xtras

5-22-2024

WEDNESDAY

5 TURKEY PICADILLO MARINARA with chic peas topped with parmesan
(Picadillo de pavo Marinara con garbanzos y parmesano)

Srvg:7ozCals:295Fat:14 Carbs:18 Sodium:696Protein:21

6 CHICKEN & GRAVY OVER MASHED POTATO
(Pechuga de pollo desmenuzada con gravy sobre un nido de pure de papa)

Srvg 9oz Cals:325 Fat:12 Carbs:25 Sodium:439 Protein:18

Entree	Side 1	Side 2	Side 3	*Xtras

5-23-2024

THURSDAY

7 BBQ PULLED BREAST OF CHICKEN
(Pechuga de pollo desmenuzada en salsa BBQ)

Srvg:8oz Cals:297 Fat:9 Carbs:20 Sodium:559 Protein:23

8 ARROZ CON PESCADO -Spanish style yellow rice and tilapia chunks
(Arroz integral con tilapia a la Española)

Srvg:9oz Cals:323 Fat:10 Carbs:28 Sodium:499 Protein:15

Entree	Side 1	Side 2	Side 3	*Xtras

5-24-2024

FRIDAY

9 MASITAS TERIYAKI - grilled breast of chicken chunks w/onions, sweet green peppers
(Masitas Teriyaki a la plancha c/ cebollitas y aji verde)

Srvg:6ozCals:295Fat:11Carbs:0 Sodium:694Protein:30

10 RAVIOLIS AL PESTO - cheese raviolis in a fresh basil light creamy sauce & parmesan
(Raviolis de queso al pesto - en salsa cremosa ligera de albahaca fresca y parmesano)

Srvg 9oz Cals:240 Fat: 9 Carbs:56 Sodium:416 Protein:8

Entree	Side 1	Side 2	Side 3	*Xtras

Orders after 2 pm , choices may be replaced for first delivery
Modification to order - 24 hours in advance

SIDES - Choose three (3) p/person

- 20. **CREAM OF VEGETABLES**
(Crema de vegetales) **Cals: 125 - 8oz**
- 21. **GARBANZO SOUP**
(Potaje de garbanzos) **Cals: 198- 8oz**
- 22. **SPLIT PEA SOUP**
(Potaje de chicharos) **Cals: 80- 8oz**
- 23. **RICE** (Arroz) **Cals: 290 - 6oz**

- 24. **BROWN RICE** (Arroz integral) **Cals: 290 - 6oz**
- 25. **SMASHED POTATO**
(Papa machacada) **Cals: 169 - 6oz**
- 26. **MASHED PLANTAINS "FUFU"**
(Fufu de platano) **Cals: 95-4oz**
- 27. **SWEET POTATO PUREE**
(Pure de boniato amarillo) **Cals: 125- 4oz**

We reserve the right to changes in menu without prior notice

- 28. **TOMATO SALAD-onions, garlic, Olive oil**
(Ensa de tomate-cebollitas, ajo, aceite Oliva) **Cals:85-4oz**
- 29. **MACARONI SALAD w/sweet peas, onions, celery, light mayo**
(Ensa de macarrones, petit poi, cebollita, celery y mayonesa ligera) **Cals: 130 -4oz**
- 30. **DARK CHOCOLATE MOUSSE** (Mousse de chocolate) **Cals: 145- 3oz**
- 31. **RICE PUDDING** (Arroz c/leche) **Cals: 135- 3oz**

2023-5-