##

**PELICAN REEF CATERERS**

**1260 FLATBUSH AVE**

**BKLYN N.Y** **11226**

**917**-**966-9800**

##  NOVEMBER 2020 LUNCH MENU

Menu are subject to change due to availability of item.comparable substitution will be made cn label will be provided it a requirement.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **Week 1****02-06** | **3.5 oz macaroni&****L F Cheese****2 oz brocillio****½ cup apple****6-8 oz 1% milk** | **1.5 oz curry chicken****2 oz brownrice****4 oz toss salad****½ cup pineapple****6-8 oz 1% milk** | **3 oz baked fish****2 oz mashedpotato****11/2 sl w w bread****½ cup applesauce****6-8 oz1% milk** | **3 oz chicken patty****2 oz cauliflower****2 oz rotini****½ cup dice pears****6-8 oz 1 % milk** | **1.5 oz slice turkey****1 sl w w bread****4 oz toss salad****½ cup orange****6-8oz 1% milk** | At the begin of each month please send your calendar on closing and the days you don’t need meal |
| **Week 2** **09-13** | **3/8 cup lentil bean****2 oz brown rice****4 oz toss salad****¾ cup peaches****6-8 oz 1% milk**  | **3.5 oz macaroni****LF cheese** **2 oz greenbean****1/2 cup applesauce****6 oz 1% milk** | **1 ½ oz meatball****2 oz spaghetti/sauce****4 oz toss salad****1/2 cup bannas****6 oz 1% milk** | **2 oz Dice chicken****2 oz Lo MEIN****2 oz mixvegetable****1/2 cup orange****6 oz 1% milk** | **1.5 oz tuna** **1 sl w w bread****4 oz toss salad****1/2 cup pineapple****6-8 oz 1% milk** |   |
| **Week 3 16-20** | **3/8 cup Pintobean****4 oz brown rice****4oz toss salad****½ cup orange****6-8oz1%milk** | **3 oz baked fish****1 sl w w bread****2 oz brocillio** **1/2 cup applesauce****6 oz 1% milk** | **3.5 oz macaroni****l f cheese****2 oz pea& carrot 1/2 cup apple****6-8 oz 1% Milk****chicken** | **1.5 oz red chicken****4 oz brown rice****4 oz toss salad 1/2 cup peaches****6-8oz 1% milk** | **1.5 oz turkey** **1 sl w w bread****4 oz cabage salad****1/2 cup bannas****6-8oz 1% milk** |  20 days meals |
| **Week 4 23-27** | **3.5 oz macaroni** **L F cheese****2oz brocillio****½ cup apple****6-8 oz 1% milk** | **1.5 oz bbq meatball****2 oz spaghetti/sauce****4 oz toss salad****½ cup bannas****6-8oz1%milk** | **3 oz baked fish****½ sl w w bread****2 oz cauliflower****½ cup pineapple****6-8 oz 1% milk** | **HAPPY THANKGIVING****STAY SAFE** | **1.5 oz tuna****1 sl wheatbread****4 oz toss salad****½ cup peaches****6-8oz 1% milk** | Any change,s please let us know in advance |
| **Week 5 30** | **3/8 cup pinto bean****4 oz brownrice****4 oz toss salad****½ cup orange****6-8oz 1% milk** |  |  |  |  |  |