## 

**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** | |  |  |  |  |  |