##

**PELICAN REEF CATERERS**

**1260 FLATBUSH AVE**

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

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##  MARCH 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** | **3/8 cup pinto bean****2 oz vegetable rice****4 oz cabbage salad****½ cup apple****8oz1% milk** | **2 oz turkeymeatball****2 oz eggnoodle****2oz pea&carrot****½ cup orange****8oz1%milk** | **1.5oz stew chicken****2 oz brownrice****4 oz toss salad****½ cup pineapple****8 oz1%milk** | **3oz chickenpatty****2 ozmashedpotato ½ sl w w bread****½ cup applesauce****8 oz 1% milk** | **1.5 oz turkey****1 sl w w bread****1/2 cup bannas****4 oz toss salad****8oz1%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****2 oz brocillio****½ cup pears****8 oz1%milk** | **2 oz turkeymeatball****2 oz spaghetti/sauce 4 oz toss salad****1/2 cup apples****8 oz 1% milk** | **1 ½ oz red chicken****2 oz brown rice****4 oz cauliflower****1/2 cup orange****6 oz 1% milk** | **3 oz baked fish****2 oz eggnoodle****2 oz mixvegetable****1/2 cup bannas****8 oz 1% milk** | **11/2 oz tuna** **1 sl w w bread****4 oz toss salad****1/2 cup pineapple****8 oz 1% milk** |   |
| **Week 3 16-20** | **3/8 cup kidneybean****2 oz brown rice****4 oz toss salad****½ cup orange****8 oz1%milk** | **1.5 oz chicken****2 oz Lomein****2 oz mixvegetable** **1/2 cup applesauce****8 oz 1% milk** | **2 oz turkeymealball****1 sl w w bread****2 oz greenbean 1/2 cup apple****8 oz 1% Milk** | **1.5 oz red chicken****2 oz yellow rice****4 oz toss salad 1/2 cup peaches****8oz 1% milk** | **11/2 oz slice turkey** **1 sl w w bread****4 oz toss salad****1/2 cup bannas****8oz 1% milk** | 22 days meals |
| **Week 4 23-27** | **3/8 cup lentil bean****2oz yellow rice****4 ozcabbage salad****½ cup apple****8 oz1% milk** | **2 oz bbq meatball****2 oz spaghetti/sauce****2 oz sweet pea****½ cup bannas****8 oz1%milk** | **3 oz baked fish****½ sl w w bread****2 oz cauliflower****½ cup pineapple****8 oz 1% milk** | **1.5 oz stew chicken****2 oz brown rice****2 oz slice carrot****½ cup orange -8 oz 1% milk** | **2 oz tuna****1 sl wheatbread****4 oz toss salad****½ cup peaches****8oz 1% milk** | Any change,s please let us know in advance |
| **Week 5 30-31** | **3/8 cup pinto bean****2 oz brown rice****4 oz toss salad****½ cup orange****8 oz 1% milk** | **1.5 oz bakedchicken****2 oz lo-mein****2 oz mixvegetable****½ cup apple****8 oz 1% milk** |  |  |  |  |