##

**PELICAN REEF CATERERS**

**1260 FLATBUSH AVE**

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

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##  NOVEMBER 2019 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.

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| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **Week 1****01** |  |  |  |  | **4 oz turkey****1 sl w w bread****1/2 cup bannas****2 oz toss salad****6-8oz1%milk** | At the begin of each month please send your calendar on closing and the days you don’t need meal |
| **Week 2** **04-08** | **2 oz macaroni****1 ½ oz LF cheese****2 oz brocillio****½ cup pears****6-8oz1%milk** | **1.5 oz bbq chicken****2 oz mashed potato ½ sl w w bread****1/2 cup applesauce****6 oz 1% milk** | **1 ½ oz meatball****2 oz spaghetti/sauce****2 oz toss salad****1/2 cup orange****6 oz 1% milk** | **1.5 oz chickenpatty****2 oz Lo MEIN****2 oz mixvegetable****1/2 cup bannas****6 oz 1% milk** | **11/2 oz tuna** **1 sl w w bread****2 oz toss salad****1/2 cup pineapple****6-8 oz 1% milk** |   |
| **Week 3 11-15** | Closedenjoy | **3/8 cup kidney bean****2 oz brown rice****2 oz toss salad** **1/2 cup apple****6 oz 1% milk** | **2 ozmacaroni****11/2oz l f cheese****2 oz greenbean 1/2 cup pine apple****6-8 oz 1% Milk****chicken** | **1.5 oz curry** **2 oz chick pea rice****2 oz toss salad 1/2 cup peaches****6-8oz 1% milk** | **11/2 oz turkey** **1 sl w w bread****2 oz cabage salad****1/2 cup bannas****6-8oz 1% milk** | 18 days meals |
| **Week 4 18-22** | **3/8 cup pintobean****2 oz brownrice****2 oz toss salad****½ cup apple****6-8oz1% milk** | **2 oz bbq meatball****2 oz spaghetti/sauce****2 oz greenbean****½ cup bannas****6-8oz1%milk** | **2 oz ziti/sauce 11/2ozLFcheese****2 oz cauliflower****1/2 cup pineapple****6-8oz 1% milk** | **2 oz stew chicken****2 oz vegetablerice****2 oz slice carrot****½ cup orange****6-8 oz 1% milk** | **2 oz tuna****1 sl wheatbread****2 oz toss salad****½ cup peaches****6-8oz 1% milk** | Any change,s please let us know in advance |
| **Week 5 25-29**  | **2 oz macaroni****11/2ozlowfatchees****2 oz greenbean****½ cup orange****6-8oz 1% milk** | **1.5 oz chickenpatty****2 oz lo-mein****2 oz mixvegetable****½ cup apple****6-8oz 1% milk** | **2 oz stew chicken** **2 oz pea &rice****2 oz toss salad****½ cup applesauce****6-8 oz1% mill** | **HAPPY TURKEY DAY ENJOY** | **CLOSED ENJOY** |  |