PelicanReef Caterers

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**NOVEMBER LUNCH MENU 2022**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| Week 1  **01-04** |  | 1.5 oz baked chicken  2 oz mashed potato  1/s slice wgwbread  2 oz slice carrot  ½ cup slice apple  6-8 oz 1% milk | 2 oz Meatball  2 oz spaghetti  4 oz toss salad  ½ cup pineapple  6-8 oz 1% milk | 3oz chicken patty  2 oz lo mein  2 oz mixvegetable  ½ cup candelope  6-8 oz 1 %milk | 1.5 oz slice turkey  1 sl wgw bread  4 oz toss salad  ½ cup applesauce  6-8 oz 1% milk | Enjoy your weekend |
| Week2 **07-11** | 3.5 oz macaroni  w/ lf cheese  2 oz greenbean  ½ cup slice oranges  6-8 oz1% milk | 3oz chickennuggetcnl  2 oz lomein  2 oz mixvegetable  ½ cup slice apple  6-8 oz 1% milk | 1.5 oz red chicken  2 oz brown rice  4 oz toss salad  ½ cup candelope  6-8 oz 1% milk | 2 oz meatball  2 oz spaghetti  2 oz toss salad  ½ cup honeydew  6 oz 1% milk | VETERAN DAY |  |
| **Week 3**  **14-18** | 3/8 cup kidneybean  2 oz brown rice  2 oz greenbean  ½ cup slice oranges  6-8 oz 1 % milk | 2 oz baked chicken  2 oz egg nooddle  2 oz pea&carrot  ½ cup slice apple  6 oz 1% milk | 2 oz baked ziti  2 oz groundturkey  4 oz toss salad  ½ cup slice candelope  6-8 oz 1% Milk | 3.5 oz chickenpatty  2 oz lomein  2 oz broccoli  ½ cup pine apple  6oz 1% milk | 1.5 oz slice turkey  1 sl wgw bread  4 oz toss salad  ½ cup honeydew  6oz 1% milk |  |
| Week 4  **21-23** | 3.5 oz macaroni  W l f cheese  2 oz greenbean  1/ cup pineapple  6-8 oz 1% milk | 1.5 oz stew chicken  2 oz brownrice  4 oz toss salad  ½ cup slice oranges  6-8 oz 1% milk | 1.5 oz baked fish  1 sl wgw bread  2 oz broccoli  ½ cup applesauce  6oz 1% milk | **HAPPY TURKEY DAY** | **ENJOY** | 19 DAYS |
| **WEEK 5**  **28-30** | ¾ cup pintobean  2 oz brownrice  4 oz toss salad  ½ cup honeydrew  6-8 oz 1% milk | 3.5 oz chickenpatty  2 oz eggnoodle  2 oz pea&carrot  ½ cupslice apple  6-8 oz 1% milk | 1.5 oz baked fish  1 sl wgw bread  2 ozmashedpotato  2 oz slicecarrot  ½ cup oranges  6-8oz 1 % milk |  |  |  |