PelicanReef Caterers

1260Flatbush ave

Bklyn ny 11226 917-966-9800

 **NOVEMBER LUNCH MENU 2022**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| Week 1**01-04** |  | 1.5 oz baked chicken2 oz mashed potato 1/s slice wgwbread2 oz slice carrot½ cup slice apple6-8 oz 1% milk | 2 oz Meatball2 oz spaghetti4 oz toss salad½ cup pineapple6-8 oz 1% milk | 3oz chicken patty2 oz lo mein2 oz mixvegetable½ cup candelope6-8 oz 1 %milk | 1.5 oz slice turkey1 sl wgw bread4 oz toss salad½ cup applesauce6-8 oz 1% milk | Enjoy your weekend |
| Week2 **07-11** | 3.5 oz macaroniw/ lf cheese2 oz greenbean½ cup slice oranges6-8 oz1% milk | 3oz chickennuggetcnl2 oz lomein2 oz mixvegetable½ cup slice apple6-8 oz 1% milk | 1.5 oz red chicken2 oz brown rice4 oz toss salad½ cup candelope6-8 oz 1% milk | 2 oz meatball 2 oz spaghetti2 oz toss salad½ cup honeydew6 oz 1% milk | VETERAN DAY |  |
| **Week 3****14-18** | 3/8 cup kidneybean2 oz brown rice2 oz greenbean½ cup slice oranges6-8 oz 1 % milk | 2 oz baked chicken 2 oz egg nooddle2 oz pea&carrot½ cup slice apple6 oz 1% milk | 2 oz baked ziti 2 oz groundturkey 4 oz toss salad½ cup slice candelope6-8 oz 1% Milk | 3.5 oz chickenpatty2 oz lomein2 oz broccoli½ cup pine apple6oz 1% milk | 1.5 oz slice turkey1 sl wgw bread4 oz toss salad½ cup honeydew6oz 1% milk |  |
| Week 4**21-23** | 3.5 oz macaroniW l f cheese2 oz greenbean1/ cup pineapple6-8 oz 1% milk | 1.5 oz stew chicken2 oz brownrice4 oz toss salad½ cup slice oranges6-8 oz 1% milk | 1.5 oz baked fish1 sl wgw bread2 oz broccoli½ cup applesauce6oz 1% milk | **HAPPY TURKEY DAY** | **ENJOY** | 19 DAYS |
| **WEEK 5****28-30** | ¾ cup pintobean2 oz brownrice4 oz toss salad½ cup honeydrew6-8 oz 1% milk | 3.5 oz chickenpatty2 oz eggnoodle2 oz pea&carrot½ cupslice apple6-8 oz 1% milk | 1.5 oz baked fish 1 sl wgw bread2 ozmashedpotato2 oz slicecarrot½ cup oranges6-8oz 1 % milk |  |  |  |