## 

**PELICAN REEF CATERERS**

**1260 FLATBUSH AVE**

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

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## DECEMBER 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.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **Week 1**  **02\*06** | | **3/8 cup lentil bean**  **2 oz yellow rice**  **2 oz brocillo**  **½ cup pineapple**  **6-8 oz 1% milk** | **1/5 oz chickenpatty**  **2 oz rotini**  **2 oz mixvegetable**  **½ cup orange**  **6-8 oz 1% milk** | **1.5 z red chicken**  **2 oz brownrice**  **2 oz toss salad**  **½ cup bannas**  **6-8oz 1% milk** | **3 oz baked fish**  **2 oz slicecarrot**  **½ sl w w bread**  **½ cup applesauce**  **6-8 oz 1% milk** | **4 oz turkey**  **1 sl w w bread**  **1/2 cup apple**  **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**  **09\*13** | | **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 16\*20** | | **3/8 cup kidneybean**  **2 oz brown rice**  **2oz 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** | **2 oz macaroni**  **11/2oz l f cheese**  **2 oz greenbean 1/2 cup pine apple**  **6-8 oz 1% Milk**  **chicken** | **1.5 oz red chicken**  **2 oz blackbean 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** | 21 days meals |
| **Week 4 23\*26** | | **2 oz tuna**  **1sl w w bread**  **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** | **MERRY CHRISTMAS**  **ENJOY** | **3/8 cup pinto bean**  **2 oz vegetablerice**  **2 oz slice carrot**  **½ cup orange**  **6-8 oz 1% milk** | **2 oz sliceturkey**  **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 30\*31** | **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** | **HAPPY HOLIDAY ENJOY WITH YOU FAMILY** |  |  |  |