##

**PELICAN REEF CATERERS**

**1260 FLATBUSH AVE**

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

**917**-**966-9800**

**FAX917-966-9801**

##  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** |  |  |  |