## 

**PELICAN REEF CATERERS**

**1260 FLATBUSH AVE**

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**NOVEMBER *2020 BREAKFAST MENU***

***(Menu are subject to change due*** to availability of item.comparable substitution will be made)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | | MONDAY | TUESDAY | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **Week**  **2-6** | | **½ bagel**  **½ cup bannas**  **4-6 oz 1 % milk** | **¾ cup oatmeal**  **½ cup apple**  **4-6 oz 1% milk** | **½ English muffin**  **½ cup bannas**  **4-6 oz 1% milk** | **1 boil egg**  **½ sl w w bread**  **½ cuporange**  **4-6 oz 1 % milk** | **¾ cup cornflake**  **½ cup bannas 4-6 oz 1 % milk** |  |
| **Week**  **9-13** | | **¾ cup crispyrice**  **½ cup bannas**  **4-6 oz 1% milk** | **¾ cup oatmeal**  **½ cup apple**  **4-6 oz 1% milk** | **1 sl wafer**  **½ cup orange**  **4-6 oz 1% milk** | **1 sl English muffin**  **½ cup pineapple**  **4-6 oz 1% milk** | **¾ cup toastedoat**  **½cup bannas 4-6 oz 1 % milk** | If you need sub any meal let us know in advance. Thank you |
| **Week 16-20** | | **¾ cup corn flake**  **½ cup bannas**  **6-8oz 1% milk** | **1sl pancake**  **1/2 cup bannas**  **4-6 oz 1% milk** | **¾ cup toasted oat**  **1/2 cup pineapple**  **4-6 oz 1% Milk** | **1 boil egg**  **3 wheatcrackers**  **1/2 cup bannas**  **4-6oz 1% milk** | **3/4cup crisprice**  **1/2 cup orange**  **4-6oz 1% milk** |  |
| **Week 23-27** | | **¾ cup toasted oat**  **½ cup bannas**  **4-6oz 1%milk** | **¾ cup Oat meal**  **½ cup apple**  **4-6oa1%milk** | **½ bran muffin**  **1/2 cup bannas**  **4-6oz 1% milk** | **HAPPY THANKGIVING**  **STAY SAFE** | 3/4 cup branflake  ½ cup p-apple  4-6 oz 1%mill |  |
| **WEEK 30** | **¾ CUP TOASTED OATS**  **½ cup bannas**  **4-6 oz 1% milk** | |  |  |  |  | ***20 DAYS BREAKFAST*** |