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**Pelican Reef Caterers**

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 **JANUARY 2021 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.

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| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  |  | At the begin of each month please send your calendar on closing and the days you don’t need meal |
| **Week 1** **04=08** | **3/8 cup pinto bean****2 oz brownrice****2 oz brocillio****½ cup pineapple****6-8oz1%milk** | **2 oz red chicken****2 oz mashedpotato****½ sl w ww bread****1/2 cup applesauce****6 oz 1% milk** | **1 ½ oz meatball****2 oz spaghetti/sauce****4 oz toss salad****1/2 cupslice orange****6 oz 1% milk** | **3.5oz Chickenpatty****2 oz eggnoddle****2 oz mixvegetable****1/2 cupslice bannas****6 oz 1% milk** | **11/2 oz tuna** **1 sl w w bread****4oz toss salad****1/2 cup apple****6-8 oz 1% milk** |  |
| **Week 2****11=15** | **2 oz macaroni****11/2 oz lf cheese****2 oz greenbean****½ cup orange****6-8 oz 1% milk** | **2 oz stew chicken****2 oz vegetablerice****4 oz toss salad** **1/2 cup applesauce****6 oz 1% milk** | **2 oz ziti/sauce****11/2 oz groundturkey****2 oz slice carrot****1/2 cupslice apple****6-8 oz 1% Milk** | **3.5 oz chickenpatty****½ sl W W bread****1/2 cup slice peaches****6-8oz 1% milk** | **11/2 oz turkey****1 sl w w bread****4 oz cabage salad****1/2 slicecup bannas****6-8oz 1% milk** | 19 days meals |
| **Week 3 18=22** | **MARTIN LUTHER DAY** | **3.5 oz macaroni** **LF cheese****2 oz greenbean****½ cup apple****6-8oz1%milk** | **3/8cup pinto bean****2 oz yellow rice****2 oz cauliflower****1/2 cup bannas****6-8oz 1% milk** | **3.5ozchickentender****1 wheat bun****2 oz pea&carrot****½ cup orange****6-8 oz 1% milk** | **2 oz tuna****1 sl wheatbread****4 oz toss salad****½ cupslice peaches****6-8oz 1% milk** | Any change,s please let us know in advance |
| **Week 4****25=29**  | **3.5 oz macaroni** **lf cheese****2 oz brocillio****½ cupslice apple****6-8oz1%milk** | **2 oz stew chicken****2 oz pea&rice****4 oz toss salad****½ cup applesauce****6-8 oz 1% milk** | **2 oz bbq meatball****2 oz spaghetti 2 oz greenbean****½ cupslice orange****6-8 0z 1% milk** | **2 oz chicken tender****½ sl W W Bread****2 oz mixvegetable****½ cup pineapple****6-8oz1% milk** | **1.5 oz slice turkey****4 oz toss salad****1 sl w w bread****½ cup slice bannas****6-8 oz 1% milk** |  |