## 

**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.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 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** |  |