PelicanReef Caterers

1260Flatbush ave

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APRIL LUNCH MENU 2024

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **key** |
| Week 1  **01-05** | 3.5 oz macaroni  LF Cheese  2 oz cauliflower  ½ cup slice apple  6-8 oz 1% milk | 2 oz baked ziti  2 oz ground turkey  2 oz brocillio  ½ cup applesauce  6-8 oz 1% milk | 2 oz curry chicken  2 oz brownrice  4 oz toss salad  ½ cup slice orange  6-8 oz 1% milk | 3oz baked fish  2 oz penne  2 oz slice carrot  ½ cup pineapple  6-8 oz 1% milk | 1.5 oz turkey  1 sl wgw bread  4 oz toss salad  ½ cup slice honeydrew  6-8 oz 1% milk | Enjoy your weekend |
| Week2  **08-12** | 3/8cup pinto bean  2 oz brown rice  2 oz cauliflower  ½ cup slice bannas  6 oz 1% milk | 2 oz chickenpatty  2 oz hashbrown  1 sl wgw bread 4 oz brocillio  ½ cup slice apple  6 oz 1% milk | 3 oz fishstickcnlabel  2 egg noodle  5 oz mix vegetable  ½ cup slice pears  6 oz 1% milk | 2 oz meatball  2 oz spaghetti  2 oz slicecarrot  ½ cup slice pineapple  6 oz 1% milk | 1.5 oz tuna  1 sl wgw bread  4 oz toss salad  ½ cupslice orange  6 oz 1% milk |  |
| Week 3  **15-19** | 3/8 cup pinto bean  2 oz brown rice  2 oz broccillo  ½ cup slice orange  6-8 oz 1% milk | 2 oz baked fish  2 oz mashedpotato  ½ sl wgw bread  2 oz brocillio  ½ cup slice pears  6 oz 1% milk | 2 oz Ziti 2 oz groundturkey  2 oz mix vegetable  ½ cup slice apples  6-8 oz 1% Milk | 1.5 ozchicken nugget  2 oz lomein  2 oz slice carrot  ½ cup pine apple  6oz 1% milk | 1.5 oz slice turkey  1 sl wgw bread  4 oz toss salad  ½ cup honeydrew  6oz 1% milk |  |
| Week 4  **22-26** | 3,5 oz macaroni  w/ l f cheese  2 oz greenbean  ½ cup candelope  6 oz 1% milk | 1.5 oz curry chicken  2 oz brown rice  4 oz toss salad  ½ cup slice orange  6oz 1% milk | 1.5 oz baked fish  1 sl wgw wheatbread  2 oz mashedpotato  2 oz brocillio  ½ cup applesauce  6oz 1% milk | **2 oz meatball**  **2 oz spaghetti**  **2 oz slice carrot**  **½ cup slice pineapple**  **6-8 oz 1 % milk** | **1.5 oz tuna**  **1 sl wgw bread**  **4 oz toss salad**  **½ cup slice apples**  **6-8 1%milk** | 22 DAYS |
| **WEEK 5**  **29-30** | 3\8 cup lentil bean  2 oz yellowrice  2 oz cauliflower  ½ cup applesauce  6-8 oz 1%milk | 1.5 oz bbq chicken  2 oz Lo Mein  2 oz pea&carrot  1/2 cup pineapple  6-8 oz 1% milk |  |  |  |  |