PelicanReef Caterers

1260Flatbush ave

Bklyn ny 11226 917-966-9800

 APRIL LUNCH MENU 2024

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| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **key** |
| Week 1**01-05** | 3.5 oz macaroniLF Cheese2 oz cauliflower½ cup slice apple6-8 oz 1% milk | 2 oz baked ziti2 oz ground turkey2 oz brocillio½ cup applesauce6-8 oz 1% milk | 2 oz curry chicken2 oz brownrice4 oz toss salad½ cup slice orange6-8 oz 1% milk | 3oz baked fish2 oz penne2 oz slice carrot½ cup pineapple6-8 oz 1% milk | 1.5 oz turkey 1 sl wgw bread4 oz toss salad½ cup slice honeydrew6-8 oz 1% milk | Enjoy your weekend |
| Week2  **08-12** | 3/8cup pinto bean2 oz brown rice2 oz cauliflower½ cup slice bannas6 oz 1% milk | 2 oz chickenpatty2 oz hashbrown1 sl wgw bread 4 oz brocillio½ cup slice apple6 oz 1% milk | 3 oz fishstickcnlabel2 egg noodle5 oz mix vegetable½ cup slice pears6 oz 1% milk | 2 oz meatball2 oz spaghetti2 oz slicecarrot½ cup slice pineapple6 oz 1% milk | 1.5 oz tuna1 sl wgw bread4 oz toss salad½ cupslice orange6 oz 1% milk |  |
| Week 3**15-19** | 3/8 cup pinto bean2 oz brown rice2 oz broccillo½ cup slice orange6-8 oz 1% milk | 2 oz baked fish2 oz mashedpotato½ sl wgw bread2 oz brocillio½ cup slice pears6 oz 1% milk | 2 oz Ziti 2 oz groundturkey2 oz mix vegetable½ cup slice apples6-8 oz 1% Milk | 1.5 ozchicken nugget2 oz lomein2 oz slice carrot½ cup pine apple6oz 1% milk | 1.5 oz slice turkey1 sl wgw bread4 oz toss salad½ cup honeydrew6oz 1% milk |  |
| Week 4**22-26** | 3,5 oz macaroni w/ l f cheese2 oz greenbean½ cup candelope6 oz 1% milk | 1.5 oz curry chicken2 oz brown rice4 oz toss salad½ cup slice orange6oz 1% milk | 1.5 oz baked fish1 sl wgw wheatbread2 oz mashedpotato2 oz brocillio½ cup applesauce6oz 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 yellowrice2 oz cauliflower½ cup applesauce6-8 oz 1%milk  | 1.5 oz bbq chicken2 oz Lo Mein2 oz pea&carrot1/2 cup pineapple6-8 oz 1% milk |  |  |  |  |