



Pembroke Hill November 2018 Upper School

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
			<i>Chicken Parm Sliders Eggplant Parm Sliders Pesto Alfredo Pasta Italian Vegetable Medley</i>	<i>Breaded Pork Chops Stuffed Mushrooms Mashed Potatoes Roasted Brussel Sprouts</i>
<i>National Doughnut Day!!! French Toast Glazed Doughnuts Egg Casserole Bacon Fresh Cut Fruit</i>	<i>Chicken Fricassee Veggie Fricassee Rice Pilaf California Vegetable Blend</i>	<i>Meatball Stroganoff Mushroom Stroganoff Buttered Noodles Mixed Vegetables</i>	<i>Crab Cakes Veggie Fritters Buttery Biscuits Corn on the Cob</i>	<i>Meatloaf Vegetarian Meatloaf Garlic Mashers Sauteed Green Beans</i>
<i>Lemon Garlic Chicken Marinated Portobellos Wild Rice Pilaf Roasted Asparagus</i>	<i>Pork Fried Rice Vegetarian Crab Rangoon Lo Mein Noodles Veggie Stir Fry</i>	<i>Spaghetti Meat Sauce Marinara Garlic Bread Steamed Broccoli</i>	<i>THANKSGIVING FEAST!!!</i>	<i>Grilled Cheese Tomato Soup Chicken Noodle Soup Peas & Carrots</i>
<i>Pastitsio Eggplant Moussaka Garlic Herb Flatbread Roasted Vegetables</i>	<i>Baked Potato Bar Meat Chili 3 Bean Chili Steamed Broccoli</i>	<i>NO SCHOOL</i>	<i>NO SCHOOL</i>	<i>NO SCHOOL</i>
<i>Italian Sausage Sub Vegetarian Meatball Sub Penne w/ Marinara Sauteed Green Beans</i>	<i>Chicken Fajitas Vegan Fajitas Cilantro Mexican Corn</i>	<i>Chicken Pot Pie Spanakopita Buttered Noodles Mixed Vegetables</i>	<i>3 Meat Lasagne Veggie Lasagne Garlic Bread Steamed Broccoli</i>	<i>Crab Cakes Veggie Fritters Roasted Potatoes Cole Slaw</i>