



*Pembroke Hill Lower School Menu November 2018*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
			<p><b>1</b> Country fried chicken breast w/ cream gravy Deep Dish Garden vegetable pie Mashed potatoes Seasoned Steamed peas</p>	<p><b>2</b> Cheese French bread pizza Beef &amp; Rice stuffed peppers w/ Marinara Caesar salad Zucchini w/ grape tomatoes &amp; Italian Seasoning</p>
<p><b>5</b> Shepard's Pie w/ ground beef, corn &amp; potatoes Spinach &amp; Ricotta Tart w/ pastry crust Chef's Salad w/ Vinaigrette Steamed Seasoned Vegetable medley</p>	<p><b>6</b> Seasoned Oven Roasted Chicken Roasted Mixed Veggie &amp; Cheese Panini Wild Rice Pilaf Roasted cauliflower &amp; Red bell Peppers</p>	<p><b>7</b> Honey Mustard Pork Loin Baked Eggplant fritters w/ dipping sauce Creamy four cheese macaroni Steamed Fresh green beans</p>	<p><b>8</b> Sloppy Joes on Wheat Rolls Mediterranean Chickpea Wrap House Made Kettle Chips Molasses baked Beans</p>	<p><b>9</b> Turkey Pot pie w/ biscuits Veggie pot pie Butter &amp; Herb Seasoned Rice Honey &amp; Thyme Seasoned Carrots</p>
<p><b>12</b> Shredded Bbq chicken sandwich Vegetarian Shredded Bbq sandwich Ranch Seasoned Oven fries Seasoned Steamed broccoli</p>	<p><b>13</b> Maple glazed ham Broccoli &amp; Cheese Strudel Bowtie Primavera w/ mixed vegetables &amp; Parmesan Garlic Butter Roasted baby carrots</p>	<p><b>14</b> Beef soft tacos Black bean tacos Cilantro &amp; Lime Couscous Mexican slaw w/ pineapple &amp; Mango</p>	<p><b>15</b> Thanksgiving Meal Roast turkey Apple &amp; Butternut squash casserole Whipped potatoes Roasted Green Beans &amp; Red Onions</p>	<p><b>16</b> Baked pasta w/ marinara &amp; Italian Cheese Veggie stuffed zucchini Mixed greens w/ balsamic vinaigrette Seasoned Steamed cauliflower</p>
<p><b>19</b> Herb Roasted drumsticks Roasted vegetable Stromboli Wild rice pilaf Seasoned Vegetable medley</p>	<p><b>20</b> Hamburgers Veggie burgers Bbq Seasoned Oven fries Creamy Cole slaw</p>	<p><b>21</b> No school</p>	<p><b>22</b> No school</p>	<p><b>23</b> No school</p>
<p><b>26</b> Italian sausage sub w/ peppers &amp; onions Three cheese quiche Baked Sweet potato fries Seasoned Steamed peas</p>	<p><b>27</b> Beefaroni Tomato, Basil &amp; Spinach Flatbread w/ Italian Cheese Blend Chef's salad Zucchini &amp; Yellow squash w/ garlic &amp; Herbs</p>	<p><b>28</b> Asian Honey chicken tenders General Tso's Tofu bites Steamed Jasmine rice Steamed Broccoli w/ Ginger</p>	<p><b>29</b> Grilled cheese on wheat baked cod w/ fresh lemon &amp; parsley Baked steak Fries Seasoned Steamed green beans</p>	<p><b>30</b> Pot roast w/ pan gravy Creamy Mixed Vegetable Au Gratin Buttered noodles w/ garlic &amp; Herb Butter Roasted Vegetable medley</p>