



*November 2019 Menu
Pembroke Hill Upper School
Wednesday*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
				<i>In Service Day</i>
<i>Chicken Pot Pie Veggie Pot Pie Buttered Noodles Steamed Carrots</i>	<i>Gyro Pita Falafel Pita Herb Butter Couscous Roasted Squash</i>	<i>Meat Lasagna Spinach & Mushroom Lasagna Bread Sticks Steamed Broccoli</i>	<i>Baked Tilapia Marinated Portobellos Wild Rice Pilaf Roasted Vegetable Medley</i>	<i>Sweet & Sour Pork Sweet & Sour Tofu Steamed Jasmine Rice Bok Choy Stir Fry</i>
<i>Chicken Cordon Bleu Stuffed Mushrooms Broccoli Cheddar Rice Sauteed Green Beans</i>	<i>Beef Stew Mushroom Stew Mashed Potatoes Honey Thyme Carrots</i>	<i>Spaghetti Meat Sauce Marinara Garlic Bread Steamed Broccoli</i>	<i>Chicken Enchiladas Black Bean Sopes Spanish Rice Green Chili Corn</i>	<i>Beef Hot Dogs Veggie Burgers Tater Tots Baked Beans</i>
<i>Curried Chicken Curried Tofu Yellow Rice Sauteed Green Beans</i>	<i>Beef Tacos Bean & Rice Burritos Cilantro Lime Rice South West Stir Fry</i>	<i>Chicken Parmesan Eggplant Parmesan Fettuccine Pasta Steamed Broccoli</i>	<i>THANKSGIVING FEAST!!!</i>	<i>Grilled Cheese Tomato Soup Buttered Noodles Peas & Carrots</i>
<i>Biscuits & Gravy Scrambled Eggs Pork Sausage Potatoes O'Brien Fresh Cut Fruit</i>	<i>Baked Potato Bar Meat Chili Veggie Chili Steamed Broccoli Toppings Bar</i>	<i>HAPPY</i>	<i>THANKS</i>	<i>GIVING!!!</i>