



*Pembroke Hill Lower School Menu November 2019*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
				<b>1</b> <i>In service day</i>
<b>4</b> <i>Honey mustard glazed pork loin Vegetable calzone Wild rice pilaf Steamed squash</i>	<b>5</b> <i>Penne w/ meat sauce Penne w/ marinara Italian salad w/ vinaigrette Roasted cauliflower Garlic breadsticks</i>	<b>6</b> <i>Sesame chicken Baked Teriyaki Vegetable Wraps Jasmine rice Asian Vegetables w/ ginger</i>	<b>7</b> <i>Crunchy beef tacos Black bean &amp; Veggie tacos Southwest couscous Mexican slaw w/ mango Toppings bar</i>	<b>8</b> <i>Bbq chicken drumsticks Tomato &amp; Swiss quiche Potatoes Au gratin Steamed broccoli</i>
<b>11</b> <i>Slow roasted beef pot roast au jus Garlic &amp; Parmesan spaghetti Squash Whipped potatoes Steamed green beans</i>	<b>12</b> <i>Crispy cornflake ranch chicken Broccoli &amp; cheese strudel Bowtie primavera Honey thyme carrots</i>	<b>13</b> <i>Pancakes w/ maple syrup Scrambled eggs Turkey sausage links Breakfast potatoes Cinnamon applesauce</i>	<b>14</b> <i>Italian herb roasted chicken Veggie stuffed zucchini boats Bruschetta Rice Steamed broccoli</i>	<b>15</b> <i>Stadium Brats w/ toppings Roasted tomato w/ basil pesto crumbs Roasted potato medley Mixed vegetables</i>
<b>18</b> <i>Hamburgers House made veggie burgers Seasoned steak fries Molasses baked beans</i>	<b>19</b> <i>Baked Cod w/ Lemon Sauce Macaroni &amp; Cheese Steamed Broccoli Cole Slaw</i>	<b>20</b> <i>Maple glazed Ham Caprese galette Herbed rice Steamed baby carrots</i>	<b>21</b> <i>Thanksgiving meal Roasted turkey Baked Butternut squash with apple &amp; cranberries Home style mashed potatoes Sauteed green beans</i>	<b>22</b> <i>Cheese French bread pizza Meat lovers Stromboli Caesar salad Vegetable medley</i>
<b>25</b> <i>Cream of Chicken w/ Egg Noodles Veggie quiche Steamed broccoli</i>	<b>26</b> <i>Cheesy beef taco meat sliders Baked veggie fajita quesadilla Cilantro lime rice Refried beans</i>	<b>27</b> <i>No school</i>	<b>28</b> <i>No school</i>	<b>29</b> <i>No school</i>