



*January 2020 Menu
Pembroke Hill Upper School*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
6 Jan Meatloaf Veggie Meatloaf Mashed Potatoes Green Beans	7 Jan Chicken Fajitas Black Bean Sopes Cilantro Lime Rice Southwest Veggie Blend	8 Jan Meat Lasagna Spinach & Mushroom Lasagna Garlic Bread Steamed Broccoli	9 Jan Roast Pork Tenderloin Stuffed Mushrooms Cauliflower Mashers Honey Thyme Carrots	10 Jan Friday Fish Fry Potato Pancakes Wild Rice Roasted Asparagus
13 Jan Chix Chow Mein Veggie Stir Fry Steamed Jasmine Rice Steamed Edamame	14 Jan Cubanos Veggie Cubanos Cuban Black Beans Cuban Yellow Rice	15 Jan Pastitsio Eggplant Moussaka Garlic Bread Squash Medley	16 Jan Jamaacan Jerk Chix Veggie Fritters Jamaacan Fried Rice Fried Plantains	17 Jan Baked Potato Bar Meat Chili Cheese Sauce Steamed Broccoli
MLK Jr DAY	21 Jan Chix Parm Sandwich Eggplant Parm Sandwich Herb Butter Risotto Sauteed Green Beans	22 Jan Italian Sausage w/ Peppers & Onions Marinated Portobellos Rotini Pasta w/ Olive Oil Steamed Broccoli	23 Jan Chix Pot Pie Veggie Pot Pie Mashed Potatoes Roasted Squash Medley	24 Jan Grilled Cheese Tomato Soup Buttered Noodles Peas & Carrots
27 Jan Beef Stew Veggie Stew Garlic Mashed Potatoes Honey Thyme Carrots	28 Jan Baja Fish Tacos Black Bean Tostadas Mexican Rice SW Veggie Blend	29 Jan Spaghetti Meat Sauce Marinara Garlic Bread Steamed Broccoli	30 Jan Curried Chix Curried Tofu Yellow Rice Roasted Asparagus	31 Jan Italian Sausage w/ Peppers & Onions Marinated Portobellos Rotini Pasta w/ Olive Oil Steamed Broccoli