



March 2020 Menu
Pembroke Hill Upper School

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Turkey Meatloaf Lentil "Meatloaf" Mashed Potatoes Vegetable Medley</i>	<i>Chicken Enchiladas Spinach & Mushroom Enchiladas Spanish Rice Green Chili Corn</i>	<i>Farfalle w/ Sausage & Mushroom Bolognese Farfalle w/ Eggplant Companata Sauce Sauteed Green Beans</i>	<i>Chicken Pot Pie Veggie Pot Pie Buttered Noodles Honey Thyme Carrots</i>	<i>Baked Tilapia Stuffed Peppers Wild Rice Mixed Vegetables</i>
<i>Sweet & Sour Pork Sweet & Sour Tofu Steamed Jasmine Rice Steamed Edamame</i>	<i>Chicken Fajitas Black Bean Sopes Cilantro Lime Rice SW Vegetable Medley</i>	<i>Meatball Parmesan Bake Eggplant Parmesan Penne w/ Olive Oil Steamed Broccoli</i>	<i>Corned Beef Reubens Portobello Reubens Steamed Potatoes Steamed Cabbage</i>	<i>Crispy Cod Fillets Veggie Burgers French Fries Southern Green Beans</i>
<i>S</i>	<i>P</i>	<i>R I</i>	<i>N</i>	<i>G</i>
<i>B</i>	<i>R</i>	<i>E</i>	<i>A</i>	<i>K</i>
<i>Asian Chicken Lettuce Wraps Asian Veggie Lettuce Wraps Veggie Fried Rice Steamed Edamame</i>	<i>Beef Tacos Refried Bean Tostadas Mexican Rice Corn & Black Bean Salsa</i>	<i>Spaghetti Meat Sauce Alfredo Sauce Garlic Bread Steamed Broccoli</i>	<i>ROYALS HOME OPENER All Beef Hot Dogs Veggie Chili Burgers Baked Potato BBQ Baked Beans</i>	<i>Grilled Cheese Tomato Soup Buttered Noodles Peas & Carrots</i>