

## September 2020 Menu Pembroke Hill Upper School

Monday	Tuesday	Wednesday	Thursday	Friday
Shrimp Fried Rice	1	Cheese Raviolis	Roast pork Tenderloin	Breaded Chicken
Veggie Fried Rice	Chicken Enchiladas	Marinara	Mushroom & Artichoke	Tenders
Veggie Spring Rolls	Spinach & Mushroom	Alfredo Sauce	Stuffed Peppers	Veggie Fritters
Bok Choy Stir Fry  LABOR DAY	Enchiladas	Steamed Broccoli	Honey Thyme Carrots	$Roasted\ Vegetable$
	Cilantro Lime Rice	Garlic Bread	Herb Buttered Rice	Medley
	Green Chili Corn			Mac & Cheese
	Chicken Fajitas	Chicken Alfredo	Pulled Pork Sandwich	Curry Chicken
	Veggie Fajitas	Linguine Alfreda	BBQ Veggie Skewers	Cauliflower Aloo Gobi
	Mexican Rice	Steamed Broccoli	Southern Green Beans	Steamed Rice
	Black Bean & Corn Salsa	Garlic Bread	SmokeyMac & Cheese	Roasted Squash Medley
			Turkey on Kaiser Roll	Chef's Choice Sandwich
Brat on Bun	Sweet & Sour Chicken	Stuffed Shells	Marinated Chicken	Sliced Roast Beef w/
Stuffed Portobello Caps	Sweet & Sour Tofu	Meat Sauce	Tenders	Gravy
Potatoes Au Gratin	Steamed Jasmine Rice	Mainanra	Tofu Tenders	Mushroom Stroganoff
$Roasted\ Asparagus$	Steamed Edamame	Steamed Broccoli	Sauteed Green Beans	Honey Thyme Carrots
Caprese on Focaccia	Ham & Swiss on Kaiser	Garlic Bread	Mashed Potatoes	Buttered Noodles
		BLT on Ciabatta Bread	Club Sandwich	Chef's Choice Sandwich
Personal Pizzas	Mediterranean Chicken	Spaghetti	Turkey Meatloaf	Corned Beef & Cabbage
Pepperoni	Mediteranean Eggplant	Meat Sauce	Veggie Meatloaf	Veggie Zucchini Boats
Cheese	Kabobs	Marinara	Peas & Carrots	Roasted Potatoes
Caesar Salad	Mediterranean Rice	Steamed Broccoli	Mashed Potatoes	Roasted Brussel Sprouts
Roast Beef & Cheddar	Roasted Squash Medley	Garlic Bread	Buffalo Chicken	Chef's Choice Sandwich
	BLT	Caprese Sandwich	Sandwich	
Chicken Pot Pie	Beef Enchiladas	Meat Pasta Bake		
Veggie Pot Pie	Green Chili Enchiladas	Cheesy Pasta Bake		
Steamed Carrots	Cilantro lime Rice	Steamed Broccoli		
$Buttered\ Noodles$	Green Chili Corn	Garlic Bread		
Battereariooateo	Egg Salad Hogie	BLT		