



Pembroke Hill Lower School Menu March 2021

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>1</p> <p><i>1-Beefaroni</i> <i>2-Eggplant Parmesan</i> <i>3-Turkey & Cheese Sandwich</i> <i>Steamed Green Beans</i> <i>Garlic Bread</i></p>	<p>2</p> <p><i>1-Turkey Pot Pie w/ Biscuit</i> <i>2-Parmesan Squash Casserole</i> <i>3-Ham & Cheese Croissant</i> <i>Wild Rice Pilaf</i> <i>Steamed Seasoned Broccoli</i></p>	<p>3</p> <p><i>1-Maple Baked Ham</i> <i>2-Cauliflower Piccata w/ Lemon Sauce</i> <i>3-Chicken & Cheese Wrap</i> <i>Buttered Noodles</i> <i>Steamed Baby Carrots</i></p>	<p>4</p> <p><i>1-Creamy Chicken & Broccoli Casserole</i> <i>2-Couscous Stuffed Tomatoes</i> <i>3-Sun Butter & Jelly Sandwich</i> <i>Mashed Potatoes</i> <i>Zucchini w/ Grape Tomatoes</i></p>	<p>5</p> <p><i>1-Asian Beef & Broccoli</i> <i>2-Vegetable Pad Thai Noodles w/ Tofu</i> <i>3-Filet O Fish Sandwich w/ Cheese</i> <i>Steamed White Rice</i> <i>5 Spice Chinese Vegetable Medley</i></p>
<p>8</p> <p><i>1-Sloppy Joe</i> <i>2-Spinach, Tomato & Cheese Flatbread</i> <i>3-Turkey & Cheese Sandwich</i> <i>Ranch Seasoned Kettle Chips</i> <i>Steamed Seasoned Broccoli</i></p>	<p>9</p> <p><i>1-Baked Rigatoni w/ Red Sauce & Mozzarella</i> <i>2-Yellow squash & Quinoa "Meatballs" w/ Tomato Basil Sauce</i> <i>3-Ham & Cheese Croissant</i> <i>Roasted Cauliflower</i> <i>Parmesan Focaccia Bread</i></p>	<p>10</p> <p><i>1-Roasted Montreal Seasoned Chicken</i> <i>2-Oven Fried Zucchini Fingers w/ Marinara Dipping Sauce</i> <i>3-Chicken & Cheese Wrap</i> <i>Garlic & Herb Rice</i> <i>Steamed Broccoli</i></p>	<p>11</p> <p><i>1-Italian Sausage Sub</i> <i>2-Vegetable Strudel</i> <i>3-Sun Butter & Jelly Sandwich</i> <i>Roasted Potato medley</i> <i>Vegetable Medley</i></p>	<p>12</p> <p><i>1-Baked Cod w/ Lemon Sauce</i> <i>2-Broccoli & Cheddar Quiche</i> <i>3- Corned Beef Reuben on Rye</i> <i>Couscous Pilaf</i> <i>Mixed Vegetables</i></p>
<p>15</p> <p><i>Spring Break</i></p>	<p>16</p> <p><i>Spring Break</i></p>	<p>17</p> <p><i>Spring Break</i></p>	<p>18</p> <p><i>Spring Break</i></p>	<p>19</p> <p><i>Spring Break</i></p>
<p>22</p> <p><i>Spring Break</i></p>	<p>23</p> <p><i>Spring Break</i></p>	<p>24</p> <p><i>Spring Break</i></p>	<p>25</p> <p><i>Spring Break</i></p>	<p>26</p> <p><i>Spring Break</i></p>
<p>29</p>	<p>30</p>	<p>31</p>		

