



Pembroke Hill Lower School Menu May 2021

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
3 1-Beef Pot Roast Au Jus 2-Parmesan Squash Bake 3-Turkey & Cheese Sandwich Butter & Herb Rice Vegetable Medley	4 1-Pepperoni Pizza Pasta 2-Cheese Manicotti w/ Marinara 3-Ham & Cheese Croissant Summer Squash w/ Grape Tomato Garlic Breadsticks	5 1-Chicken & Cheese Burrito 2-Refried Bean & Cheese Taquito 3-Chicken & Cheese Wrap Mexican Rice Spiced Corn & Black Beans Sour Cream & Salsa	6 1-Beef Frank/ Hot Dog Bun 2-House Made Veggie Burger 3-Sun Butter & Jelly Sandwich Kettle Chips Carrot Sticks	7 1-Pork Fried Rice 2-Sweet & Sour Vegetables w/ Edamame 3-Hot Pastrami & Cheddar / Deli Bagel Steamed Rice Veggie Egg Roll Ginger Broccoli
10 1- Roast Chicken w/ Fresh Herbs 2-Broccoli & Cheddar Quiche 3-Turkey & Cheese sandwich Garlic & Chive Mashed Potatoes Mixed Vegetables	11 1-Maple Glazed Ham 2-Cauliflower Piccata w/ Lemon sauce 3-Ham & Cheese Croissant Buttered Noodles Vegetable Medley	12 1-Turkey Pot Pie w/ Cheddar Biscuit 2-Vegetable Stromboli 3-Chicken & Cheese Wrap Wild Rice Pilaf Steamed Broccoli	13 1-Bbq Pulled Chicken Sandwich 2-Caprese Flatbread w/ Tomato, Basil & Mozzarella 3-Sun Butter & Jelly Sandwich Roasted Potato Wedges Steamed carrots	14 1-Beefaroni 2-Eggplant Fritter w/ Marinara 3-Pepperoni, Mozzarella & Marinara Croissant Sandwich Roasted Cauliflower Dinner Roll
17 1-Garlic & Herb Crusted Pork Loin 2-Savory Spinach & Cheese Puff Pastry Muffins 3-Turkey & Cheese Sandwich Penne w/ Tomato Cream Sauce Steamed Green Beans	18 1-Baked French Toast w/ Maple Syrup 2-Egg & Cheddar Omelet w/ Sauteed Veggies 3-Ham & Cheese Croissant Hash Brown Potatoes Turkey Sausage Links Cinnamon Applesauce w/ Peaches	19 1-Asian Glazed Chicken Tenders w/ General Tso's Sauce 2-Tofu & Broccoli w/ Thai Sauce 3-Chicken & Cheese Wrap Garlic Ginger Rice Five Spice Asian Vegetables	20 1-Meatball Sub 2-Vegetable & Mozzarella Frittata Stuffed Peppers 3-Sun Butter & Jelly Sandwich House Made Kettle Chips Italian Seasoned Summed Squash	21 1-Chicken Parmesan Pasta 2-Veggie & Cheese Lasagna Roll Ups 3-Buffalo Chicken & Cheese Wrap Vegetable Medley
24 1-Roast Turkey w/ Pan Gravy 2-Cornbread Casserole 3-Turkey & Cheese sandwich Wild rice Pilaf Steamed Seasoned Broccoli	25 1-Italian Style Braised Beef 2-Vegetable Gratin w/ Crumb Topping 3-Ham & Cheese Croissant Whipped Potatoes Squash Medley	26 1-Baked Ziti 2-Roasted Zucchini Parmesan 3-Chicken & Cheese wrap Vegetable Medley Garlic Toast	27 1-Bbq Spiced Chicken Drumsticks 2-Vegetable Strata 3-Sun Butter & Jelly sandwich Butter & Herb Rice Glazed Carrots	28 1-Italian Sausage sub 2-Veggie & Cheese Tortilla Wrap 3-Hot Turkey & Swiss / Brioche Roll Potato Wedges Steamed Peas

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