



Pembroke Hill Upper School Menu November 2022

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	<p style="text-align: center;">1</p> <p><i>Spaghetti with Meat Sauce Braised Rosemary, Eggplant Garlic Breadstick Dressed Caesar Salad</i></p> <p><i>Puerto Rican Yellow Fried Rice with Pork (Arroz Con Gandules) Braised Plantain</i></p>	<p style="text-align: center;">2</p> <p><i>Baked Potato Bar! Beef Chili Vegetable Chili, Cheese Sauce, Broccoli</i></p> <p><i>Southwest Chicken Cesar Wrap</i></p> <p><i>Green Bean and Tomato Medley</i></p> <p><i>Oven Roasted Potato Salad</i></p>	<p style="text-align: center;">3</p> <p><i>Chicken Fried Chicken Mashed Potatoes, Steamed Corn Vegetarian Shepard's Pie</i></p> <p><i>Karelian Hot Pot (Scandinavian Braised Beef and Pork) Potatoes and Stewed Vegetables</i></p>	<p style="text-align: center;">4</p> <p><i>Pizza Day Pepperoni or Cheese! Bread Sticks Roasted Broccoli</i></p> <p><i>Pancit Bihon Filipino Fried Noodles with Chicken</i></p> <p><i>Sesame soy Vegetables</i></p>
<p style="text-align: center;">7</p> <p><i>Chicken Fettuccini Tuscan Vegetable Casserole Alfredo with Green Peas</i></p> <p><i>Honey Garlic Pork Chops, Creamy mashed Potatoes, Cauliflower</i></p>	<p style="text-align: center;">8</p> <p><i>Smoked BBQ Brisket BBQ Smoked Tofu Baked Beans Corn</i></p> <p><i>Chinese Orange Chicken Jasmine Rice Chicken Pot Stickers</i></p>	<p style="text-align: center;">9</p> <p><i>Pork Enchilada Casserole Stuffed Bell Peppers Cilantro Lime Rice Steamed Corn</i></p> <p><i>Avocado Toast with Grilled Chicken and Oven Roasted Squash</i></p> <p><i>Tossed Autumn Salad</i></p>	<p style="text-align: center;">10</p> <p><i>National Stuffing Month!</i></p> <p><i>Herb Roast Beef Stuffed Acorn Squash Apple Sage Stuffing Whipped Mashed Potatoes Green Beans</i></p> <p><i>Chicken Poke Bowl Honey Ginger Mayo Sesame Soy Sauce Spicy Siracha Mayo</i></p>	<p style="text-align: center;">11</p> <p><i>Hot Dogs Vegan Brats French Fries with Cheese Sauce Corn on the Cobb</i></p> <p><i>Chicken Curry Steamed Basmati Rice, Warm Naan Flatbread</i></p>

<p style="text-align: center;">14</p> <p><i>Chicken Pot Pie with Cheddar Biscuits and Mashed Potatoes</i> <i>Cheesy Herb Rice Stuffed Portobella Mushrooms</i> <i>Honey and Herb Roasted Carrots</i></p> <p><i>Korean Beef Tacos</i> <i>Sesame Cabbage Slaw</i> <i>5 Spiced Fried Rice</i></p>	<p style="text-align: center;">15</p> <p><i>Chicken Nachos</i> <i>Zesty Black Beans</i> <i>Cilantro Lime Rice</i> <i>Nachos</i></p> <p><i>Char Siu Red Pork</i> <i>Steamed White Rice</i> <i>Pork Egg Roll</i></p>	<p style="text-align: center;">16</p> <p><i>Loaded Mac and Cheese</i> <i>BBQ Pulled Pork</i> <i>Stuffed Acorn Squash</i> <i>Braised Green Beans</i></p> <p><i>Chicken Gyros</i> <i>Greek Lemon Potatoes</i> <i>Greek Chopped Salad</i></p>	<p style="text-align: center;">17</p> <p><i>Thanksgiving Dinner!</i> <i>Turkey (31202) and Ham</i> <i>Cranberry Ginger</i> <i>Chutney</i> <i>Thyme Mashed Sweet Potatoes</i> <i>Whipped Mashed Potatoes</i> <i>Green Bean Mushroom Casserole, Frizzled Onions</i></p> <p><i>Glazed Corn</i> <i>Traditional Stuffing</i> <i>Stuffed Mushrooms</i> <i>Pie Assortment!</i></p>	<p style="text-align: center;">18</p> <p><i>Pizza Day</i> <i>Pepperoni or Cheese!</i> <i>Bread Sticks</i> <i>Roasted Broccoli</i></p> <p><i>Breaded Cod with Lemon Caper Reduction</i> <i>Herb Rice Pilaf,</i> <i>Coleslaw, Zesty Tartar Sauce</i></p>
<p style="text-align: center;">21</p> <p style="text-align: center;">OFF</p>	<p style="text-align: center;">22</p> <p style="text-align: center;">OFF</p>	<p style="text-align: center;">23</p> <p style="text-align: center;">OFF</p>	<p style="text-align: center;">24</p> <p style="text-align: center;"><i>Happy Thanksgiving!</i></p>	<p style="text-align: center;">25</p> <p style="text-align: center;">OFF</p>
<p style="text-align: center;">28</p> <p><i>Burgers</i> <i>Black Bean Burgers</i> <i>Tater Tots</i> <i>Oven Roasted Squash Duo</i></p> <p><i>Chicken and Pork Sausage</i> <i>Paella</i> <i>Paprika Dusted Squash</i></p>	<p style="text-align: center;">29</p> <p><i>Mexican Fajita Chicken</i> <i>Fajita Vegetables</i> <i>Spanish Rice</i> <i>Sautéed Corn</i></p> <p><i>Chicken Parmesan over Spaghetti and Broccoli</i> <i>Garden Chop Garden Chop Salad</i></p>	<p style="text-align: center;">30</p> <p><i>Breakfast for Lunch</i> <i>Scrambled Eggs, Hash browns, Sausage, Bacon, Cinnamon Raisin French Toast, Fruit Salad</i> <i>Mushroom- 3 Cheese Quiche</i></p> <p><i>Ethiopian Braised Beef</i> <i>Sated Spinach</i> <i>Injera</i></p>		

PROMOTIONAL ITEMS