

# BHMS Lunch Menu

## November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cherry Tomatoes Lentil & Squash with Rosemary Cheese Biscuits Apples	2 Baby Carrots Battered Haddock Homemade Potato Fries Peas & Corn Oranges
5 Cucumber Slices Chicken Divan Steamed Rice Peas & Corn Apples	6 Celery Sticks Vegetable Strata Roasted Potatoes Tossed Salad Grapes	7 Assorted Peppers Sweet Potato and Carrot Soup Grilled Cheese Sandwiches Oranges	8 Chickpeas Penne Pasta in Tomato Sauce Caesar Salad Melons	9 Black Olives English Fish and Homemade Fries Tomato Cucumber Salad Banana Bread
12 Cucumber Slices Curried Chickpea Rice Pilaf Steamed Cauliflower Oranges	13 Assorted Sweet Peppers Italian Sausages Mashed Potatoes Steamed Baby Carrots and Broccoli Grapes	14 Baby Carrots Lemon Chicken Linguini Pasta Chef's Salad with Orange Dressing Honeydew Melon	15 Cucumber Meatballs in Barbeque Sauce Steamed Rice Green Beans Bananas	16 Pitted Black Olives Ratatouille Chef's Salad with House Dressing Apples
19 Baby Carrots Penne Pasta in Marinara Sauce Caesar Salad Apples	20 Assorted Sweet Pepper Lentil and Squash Soup, Egg Salad Sandwiches Bananas	21 Olives Mac and Cheese with Ham Peas and Carrots Chef's Salad Oranges	22 Cucumber Slices Chicken Breast Strips Rice Pilaf Steamed Broccoli Assorted Fruits	23 Cherry Tomatoes Battered Haddock Sweet Potato Fries Mixed Vegetables Oatmeal Cookies
26 Baby Carrots Meatballs in Rotini Pasta Sauce Chef's Salad Bananas	27 Baby Corn Cream of Carrot and Tomato Soup Grilled Cheese Sandwiches Apples	28 Sliced Cucumbers Ham & Cheese Quiche Tossed Salad Oranges	29 Assorted Peppers Chicken Breast Strips Mashed Potatoes Corn and Brussels Sprouts Fruit Salad	30 Assorted Sweet Peppers Battered Haddock Sweet Potato Fries Peas and Carrots Melons

### About BHMS lunches

1. The Lunch Program is available for the Toddler to Junior High students
2. 2% milk served daily
3. Menu is subject to change

Bishop Hamilton  
Montessori School

