

# BHMS Lunch Menu

## March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Roasted Beets and Parsley Salad English Fish & Chips Apples
4 Tossed Green Salad House Vinaigrette Cream of Celery Soup Cheese Biscuits Oranges	5 Cucumbers Penne Pasta with Marinara Sauce Banana	6 Black Olives Chicken Breast Strips with Herb Roasted Potatoes Buttered Corn and Peas Grapes	7 Fresh Baby Carrots Curried Chickpea Stew Steamed Couscous Apples	8 Assorted Sliced Peppers English Style Battered Haddock Roasted Root Vegetables Homemade Cookies
MARCH BREAK 11 Sliced Cucumbers Spaghetti & Meatballs in a Tomato Sauce Peas & Carrots Banana Muffins	12 Cream of Tomato & Basil Soup with Ham & Cheese on a Bun Grapes	13 Sweet Cherry Tomatoes Egg Salad Sandwiches with Lemon & Chickpeas Salad Melons	14 Fresh Baby Carrots Curried Chickpea Stew with Couscous Oranges	15 Fresh Baby Carrots Battered Haddock with Sweet Potato Fries Banana
MARCH BREAK 18 Penne Pasta in Tomato Sauce Apples	19 Chicken, Broccoli, Cauliflower and Rice Casserole Bananas	20 Ham & Cheese on a Bun Melons	21 Shepherd's Pie Grapes	22 Chili Mac Oranges
25 Cucumber, Tomato & Basil Salad Rotini Pasta with Marina Sauce Oranges	26 Assorted Sweet Peppers Italian Sausages with Mashed Potatoes Steamed Broccoli Apples	27 Cucumber Slices Chicken Breast Strips with Rice Pilaf Steamed Vegetables Bananas	28 Olives Rotini Pasta in Marinara Sauce Steamed Green Beans Grapes	29 Baby Carrots Chickpea Curry with Steamed Rice 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