

BHMS Lunch Menu

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pitted Black Olives Chicken Strips Golden Rice Peas and Carrots Apples	2 Sliced Cucumber Meatballs in Pasta Sauce Served Buttered Spaghetti Steamed Green Beans Oranges	3 Assorted Peppers Curried Chickpea Stew Couscous Melons	4 Baby Carrots Cream of Tomato & Basil Soup Ham & Cheese on a Bun Strawberries	5 Roasted Beet & Goat Cheese Salad English Style Fish & Hand Cut Fries Bananas
8 Cucumbers Penne Pasta with Marinara Sauce Apples	9 Cherry Tomatoes Baked Chicken Strips with Herb Rice Melons	10 Baby Carrots Creamy Potato & Leeks Soup Grilled Cheese Sandwiches Strawberries	11 Greek Salad Ham & Cheese Quiche Bananas	12 Chef Salad Battered Haddock & Roasted Sweet Potatoes Oranges
15 Sliced Cucumber Lemon Chicken with Rice Pilaf Corn & Peas Oranges	16 Baby Carrots Roasted Pork Tenderloin with Pineapples Steamed Rice Green Beans Apples	17 Garden Salad with Orange Vinaigrette Chickpea Curry with Rice Banana Bread	18 Assorted Sliced Peppers English Style Battered Haddock with Roasted Potatoes Strawberries	19 <i>Good Friday</i> School Closed
22 <i>Easter Monday</i> School Closed	23 Cucumber & Tomato Salad Egg Salad Sandwiches Assorted Yoghurt	24 Black Olives Chicken Fingers Herbed Roasted Potatoes Buttered Corn & Peas Melons	25 Fresh Baby Carrots Curried Chickpea Stew with Steamed Couscous Bananas	26 Chef Salad Battered Haddock with Sweet Potato Fries Apples
29 Cucumber Slices Chicken Divan with Steamed Rice Peas & Carrots Oranges	30 Slices Peppers Cream of Tomato & Basil Soup Ham & Cheese on a Brioche Bun Bananas	1 Pitted Olives Rotini Pasta with Marinara Sauce Strawberries		

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