



La Bonne Cuisine Catering  
 301 West 118th Street • Suite 8b  
 New York, NY 10026  
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# Elementary School

## Lunch Menu



from 10/2/18 to 10/26/18

Dessert is either a choice between a Fresh Fruits or an Organic Yogurt (or an Apple Sauce occasionally)

| Tuesday   | Wednesday | Thursday  | Friday   |
|---|-----------|---|--|
| Pasta Bolognese 2<br>Mixed Green Salad with Tomatoes and Cucumbers<br>Broccoli<br>Pasta With Salmon Bolognese | No Lunch  | Chicken Paella 4<br>w/ Sausage, Green and Red Peppers, Carrots, and String Beans<br>Green Salad<br>Fish Paella with Black Beans | Salade Niçoise 5<br>w/ Tuna, Eggs, Green Salad, Green Peppers, Tomatoes and Cucumbers<br>Couscous                |
| Classic Lasagna 9<br>Mixed Green Salad with Tomatoes and Cucumbers<br>Sautéed Spinach<br>Fish Lasagna         | No Lunch  | Chicken Parmigiana 11<br>Rice<br>String Bean & Tomato Salad<br>Lentil Stew  | Baked Fish Filet in Homemade Tomato Sauce 12<br>Mashed Potatoes<br>Sautéed Spinach                               |
| Boeuf à la Marius 16<br>Orzo<br>Sautéed String Beans<br>Green Salad<br>Baked Fish w/ Tomato Sauce             | No Lunch  | Chicken Fajitas 18<br>w/ Tomatoes, Onions, Green and Red Peppers in Sweet Paprika Sauce<br>Rice<br>Green Salad<br>Fish Fajitas  | Fish Curry 19<br>Quinoa<br>Mixed Green Salad with Tomatoes and Cucumbers<br>Sweet Potato and Carrot Soup         |
| Meat Balls w/ Garden Vegies 23<br>Rice<br>Green Salad w/ Organic Carrots<br>Fish Balls w/ Garden Vegies       | No Lunch  | Herb Roasted Chicken 25<br>Mashed Potatoes and Sweet Potatoes<br>Broccoli<br>Green Salad<br>Baked Fish w/ Tomato Sauce          | Cheese Tortellini 26<br>Smoked Turkey<br>Sautéed String Beans<br>Tomato & Cucumber Salad<br>Mixed Vegetable Soup |

