



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

## Lunch Menu



from 9/6/18 to 9/28/18

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

Tuesday	Wednesday	Thursday	Friday
4	5	6	7
No Lunch	No Lunch	Moroccan Couscous w/ Chicken, Carrot, Cabbage and Turnips Green Salad  <i>Vegetarian Couscous with Fish</i>	Salade du Chef w/ Smoked Turkey, Eggs, Cheese, Green Salad, Tomatoes and Cucumbers Rice
11	12	13	14
Boeuf Bourguignon w/ Organic Carrots and Mushrooms in Light Tomato Jus Pasta Green Salad <i>Gratin de Courgette (Eggs, Zucchini, Swiss and Rice)</i>	No Lunch	Chicken Stir Fry w/ Peppers, Organic Carrots, and Snow Peas Rice Green Salad <i>Vegetable Stir Fry with Fish</i>	Baked Fish Filet in Homemade Tomato Sauce Quinoa Organic Tomatoes & Cucumber Salad Sauteed String Beans
18	19	20	21
Meat Balls w/ Garden Vegies Pasta Spinach Salad  <i>Fish Balls w/ Garden Vegies</i>	No Lunch	Chicken Curry Rice Broccoli Green Salad <i>Fish Curry</i>	Salade Niçoise w/ Tuna, Eggs, Green Salad, Green Peppers, Tomatoes and Cucumbers Couscous
25	26	27	28
Herb-Crusted Roast Beef Potatoes String Bean & Tomato Salad  <i>Ratatouille &amp; Scrambled Eggs</i>	No Lunch	Chicken Nuggets Rice Green Salad Organic Carrot Salad <i>Lentil Stew</i>	Smoked Turkey Pasta Primavera w/ Broccoli and Carrots in Light Cream Sauce Green Salad

