



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

## Lunch Menu



from 1/8/19 to 2/1/19

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

Tuesday	Wednesday	Thursday	Friday
Pasta Bolognese 8 Mixed Green Salad with Tomatoes and Cucumbers Sauteed String Beans Pasta With Salmon Bolognese	Chicken Schnitzel 9 Mashed Potatoes Garden Vegetables Green Salad	Moroccan Couscous 10 w/ Chicken, Carrot, Cabbage and Turnips Green Salad Vegetarian Couscous with Fish	Salade du Chef 11 w/ Smoked Turkey, Eggs, Cheese, Green Salad, Tomatoes and Cucumbers Rice Sweet Potato and Carrot Soup
Boeuf Bourguignon 15 w/ Organic Carrots and Mushrooms in Light Tomato Jus Pasta Green Salad Gratin de Courgette (Eggs, Zucchini, Swiss and Rice)	Croque Monsieur 16 String Bean & Tomato Salad Green Salad	Chicken Stir Fry 17 w/ Peppers, Organic Carrots, and Snow Peas Rice Green Salad Vegetable Stir Fry with Fish	Baked Fish Filet in Homemade Tomato Sauce 18 Quinoa Organic Tomatoes & Cucumber Salad Sauteed String Beans Potato and Leek Soup
Meat Balls w/ Garden Vegies 22 Pasta Spinach Salad Fish Balls w/ Garden Vegies	Salad Bar 23 w/ Choice of Ham or Smoked Turkey Black Bean Salad w/ assorted breads w/ assorted vegetables	Chicken Curry 24 Rice Broccoli Green Salad Fish Curry	Salade Niçoise 25 w/ Tuna, Eggs, Green Salad, Green Peppers, Tomatoes and Cucumbers Couscous Mixed Vegetable Soup
Herb-Crusted Roast Beef 29 Potatoes String Bean & Tomato Salad Ratatouille & Scrambled Eggs	Herb Roasted Chicken 30 Quinoa Mixed Vegetables Green Salad	Chicken Nuggets 31 Rice Green Salad Organic Carrot Salad Lentil Stew	Smoked Turkey 1 Pasta Primavera w/ Broccoli and Carrots in Light Cream Sauce Green Salad Lentil Soup

