



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

## Lunch Menu



from 3/5/19 to 3/29/19

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

Tuesday	Wednesday	Thursday	Friday
Bœuf Bourguignon 5 w/ Organic Carrots and Mushrooms in Light Tomato Jus Rice Green Salad Lentil Stew	Pasta Bar 6 Pasta Sampling of Three Classical Recipes Mixed Green Salad with Tomatoes and Cucumbers Sautéed String Beans	Honey Roasted Chicken 7 Mashed Potatoes and Sweet Potatoes Sautéed String Beans Green Salad Quinoa with Sautéed Greens & Black Beans	Smoked Turkey 8 Pasta Marinara Mixed Green Salad with Tomatoes and Cucumbers Broccoli Soup
Pasta Bolognese 12 Mixed Green Salad with Tomatoes and Cucumbers Broccoli Slaw with Carrot & Ginger Dressing Pasta With Salmon Bolognese	Chicken Schnitzel 13 Potatoes Green Salad Sautéed Spinach	Chicken Curry 14 Quinoa Broccoli Green Salad Fish Curry	Fish Tacos 15 w/ Fish, Red Peppers, Tomatoes, Onions and Cilantro Rice Green Salad Mushroom Soup
Hachis Parmentier 19 Green Salad Organic Carrot Salad Baked Fish w/ Tomato Sauce	Salad Bar 20 w/ Choice of Ham or Smoked Turkey String Bean & Tomato Salad w/ assorted vegetables w/ assorted bread	Chicken Parmigiana 21 Rice Sautéed String Beans Tomato & Cucumber Salad Ratatouille & Scrambled Eggs	Salade Niçoise 22 w/ Tuna, Eggs, Green Salad, Green Peppers, Tomatoes and Cucumbers Couscous Sweet Potato and Carrot Soup
Meat Balls w/ Garden Vegies 26 Rice Spinach and Tomato Salad Fish Balls w/ Garden Vegies	Herb Roasted Chicken 27 Mashed Potatoes Sautéed String Beans Green Salad	Chicken Fajitas 28 w/ Chicken, Green and Red Peppers, Onions and Tomatoes Rice Green Salad Fish Fajitas	Smoked Turkey Slices 29 Pasta Primavera w/ Broccoli and Carrots in Light Cream Sauce Green Salad Mixed Vegetable Soup

