



La Bonne Cuisine Catering  
 301 West 118th Street • Suite 8b  
 New York, NY 10026  
 Tel. 914 • 714 • 5860



# Middle School

## Lunch Menu



from 11/6/18 to 11/30/18

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

Tuesday	Wednesday	Thursday	Friday
Hachis Parmentier 6 Green Salad Organic Carrot Salad Sauteed Spinach Pasta Primavera with Salmon	Chicken Schnitzel 7 Potatoes Green Salad Sauteed String Beans	Herb Roasted Chicken 8 Rice Broccoli Slaw with Carrot & Ginger Dressing Green Salad Lentil Stew	Salade du Chef 9 w/ Smoked Turkey, Cheese, Green Salad, Tomatoes and Cucumbers Roasted Vegetable Melody (Turnips, Carrots, Cabbage) Sweet Potato and Carrot Soup
Classic Lasagna 13 Mixed Green Salad with Tomatoes and Cucumbers Sauteed Spinach Fish Lasagna	Croque Monsieur 14 Mixed Green Salad with Tomatoes and Cucumbers Sauteed String Beans	Chicken Nuggets 15 Mashed Potatoes and Sweet Potatoes Sauteed String Beans Organic Carrot Salad Vegetarian Nuggets	Fish Tacos 16 w/ Fish, Red Peppers, Tomatoes, Onions and Cilantro Rice Green Salad Mushroom Soup
20 Thanksgiving lunch offered by Parents	21 School Closed	22 School Closed	23 School Closed
Meat Balls w/ Garden Vegies 27 Couscous Spinach and Tomato Salad Fish Balls w/ Garden Vegies	Salad Bar 28 w/ Choice of Ham or Smoked Turkey Quinoa and Tomato Salad w/ assorted vegetables w/ assorted breads	Chicken Stir Fry 29 w/ Peppers, Organic Carrots, and Snow Peas Rice Green Salad Vegetable Stir Fry with Fish	Smoked Turkey Slices 30 Baked Ziti Green Salad w/ Organic Carrots Mixed Vegetable Soup

