



La Bonne Cuisine Catering  
 301 West 118th Street • Suite 8b  
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# Middle 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 Mixed Green Salad with Tomatoes and Cucumbers Broccoli Pasta With Salmon Bolognese	Roasted Turkey 3 Mashed Potatoes Cream of Spinach	Chicken Paella 4 w/ Sausage, Green and Red Peppers, Carrots, and String Beans Green Salad Fish Paella with Black Beans	Salade Niçoise 5 w/ Tuna, Eggs, Green Salad, Green Peppers, Tomatoes and Cucumbers Couscous
Classic Lasagna 9 Mixed Green Salad with Tomatoes and Cucumbers Sautéed Spinach Fish Lasagna	Croque Monsieur 10 Mixed Green Salad with Tomatoes and Cucumbers Spinach and Tomato Salad	Chicken Parmigiana 11 Rice String Bean & Tomato Salad Lentil Stew	Baked Fish Filet in Homemade Tomato Sauce 12 Mashed Potatoes Sautéed Spinach
Boeuf à la Marius 16 Orzo Sautéed String Beans Green Salad Baked Fish w/ Tomato Sauce	Salad Bar 17 w/ Choice of Ham or Smoked Turkey Black Bean Salad w/ assorted vegetables w/ assorted breads	Chicken Fajitas 18 w/ Tomatoes, Onions, Green and Red Peppers in Sweet Paprika Sauce Rice Green Salad Fish Fajitas	Fish Curry 19 Quinoa Mixed Green Salad with Tomatoes and Cucumbers Sweet Potato and Carrot Soup
Meat Balls w/ Garden Vegies 23 Rice Green Salad w/ Organic Carrots Fish Balls w/ Garden Vegies	Pasta Bar 24 Pasta Sampling of Three Classical Recipes Mixed Green Salad with Tomatoes and Cucumbers Cream of Spinach	Herb Roasted Chicken 25 Mashed Potatoes and Sweet Potatoes Broccoli Green Salad Baked Fish w/ Tomato Sauce	Cheese Tortellini 26 Smoked Turkey Sautéed String Beans Tomato & Cucumber Salad Mixed Vegetable Soup

